

Parents As Teachers "Tiny Tigers" February 2010



Happy Valentine's Day

We are looking for
new families to
enroll in PAT...

*Refer a friend or
family member,
with a child under
3 years old, to PAT
& receive a book as
a thank-you gift!*

Contact your Educators
@ ...

Dana Clary
785-741-1302

danalclary@gmail.com

Kathleen McKelvy
913-367-2850

[kathleenmckelvy@
sbcglobal.com](mailto:kathleenmckelvy@
sbcglobal.com)

Elaine Scott
913-426-3878

escott_pat@yahoo.com



Happy
Birthday to
You...

Alejandro
Guzman



Celine Healy



Camden
Matthews

Q & A's on Infant & Toddler Dental Health

1. *When should I take my child to the dentist for the first check-up?*

In order to prevent dental problems, your child should see a pediatric dentist when the first tooth appears or no later than his/her first birthday.

2. *Are baby teeth really that important to my child?*

Primary, or "baby," teeth are important for many reasons. Baby teeth hold the spot until the adult tooth is ready- this helps them stay straight. Cavities in baby teeth spread to each other and to the adult teeth as they come in. Pain or decay in baby teeth affects **a child's learning and development**. Some baby teeth are in the **child's mouth until about 12 years old**- they need them for many years so take great care of them!

3. *How do I make my child's diet safe for his teeth?*

Make sure your child has a balanced diet, including one serving each of: fruits and vegetables, breads and cereals, milk and dairy products, and meat fish and eggs. Limiting the servings of sugars and starches will also aid in protecting your child's teeth from decay.

4. ***When & how often do I brush my child's teeth?
And what about toothpaste?***

The sooner the better! Starting at birth, you should clean your **child's gums with a soft infant toothbrush or cloth and water** at least once a day. As soon as the teeth begin to appear, start brushing with soft toothbrush or washcloth at least once a day. No toothpaste is needed until about 2 years of age; then use a small "pea-sized amount".

5. *What is Fluoride?*

Fluoride strengthens **teeth so they won't decay as easily and** rebuilds teeth weakened by mouth acids. There are many ways to get fluoride:

- Fluoride drops or pills
- Fluoride from water supplies (check with your water district to see how much fluoride is in your water @ home.
- Fluoride toothpaste
- Fluoride varnishes (ask your doctor, dentist, or local health department)

Info taken from: Cavity Free Kids: An Early Start (Delta Dental)