



# Dental Health News For Parents

*Dear Parent*



Dental care is a very important part of teaching your child to be healthy. You can help your child stay healthy by teaching him/her the proper technique when brushing and flossing their teeth. Did you know according to the Centers for Disease Control that more than 51 million school hours are lost each year because of dental related illness and tooth decay is one of the most common childhood diseases 5 times as common as asthma.

Teaching your child good dental health habits is a very important part of teaching your child to be healthy.

Parents have many questions related to their child's dental care.



**The most common include:**

**Should children floss?** Flossing is essential for good oral health. Flossing daily removes plaque and food particles between teeth and below the gum line.

You should start flossing your child's teeth even when they only have their primary teeth.

**What role does nutrition play in healthy dental development ?**

A good diet is very important to general health and also dental health. Healthy eating habits leads to healthy teeth. Many snacks that children eat lead to cavity formation. Encourage you child to choose nutritious snacks such as vegetables, low fat yogurt, fruits and cheese which are healthier and better for your child.

**Why is it important to take my child to the dentist every 6 months?**

In order to have healthy teeth you need to take your child to the dentist every 6 months. At this time the dental hygienist will clean off the hardened plaque that is sometimes missed with regular brushing. The dentist and the hygienist will educate you and your child concerning techniques to keep your child's teeth healthy.

We want your child to stay healthy and have a productive school year !

For more information contact Mrs. Gerrie McMillian, Dental Health Coordinator at 575-3108 ext. 222.

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