



## A Message from Your Lake Arrowhead Dentist:

**Hugh A. Bialecki, D.M.D.**

### **February is National Children's Dental Health Month**

We celebrate National Children's Dental Health Month every February and those fabulous smiles that our children melt our heart's with. Baby Teeth Matter to your child's overall health and development as kids learn to chew, speak and smile. Those 20 kids teeth are also holding space in the jaws for permanent teeth that are growing under the gums and that will appear between age of 6-14.

Our Lake Arrowhead Rotary Club and the Crestline Rotary Club partner every year with local dental professionals to visit our three elementary schools and conduct a dental health screening of our 1st through 3rd graders as a community service. We get the opportunity to have an impact on kids awareness of their dental habits (reinforcing the good and offering tips for improvement) while making a visual assessment of their current oral health. Many of these young students have healthy mouths and great smiles as a result of effective parenting and regular dental visits, while others have visible cavities and broken teeth needing immediate attention. We send home a "dental report card" for every child that gives the parent(s) a heads up on their dental health status.

Many parents will try to convince their children at mealtimes with dietary advice... "You'd better eat that, it's good for you." While at other times you may have heard (or spoken) the cry: "Don't eat that, it'll rot your teeth." Certainly a trip down the grocery store aisles faces kids (and us as parents, filling the shopping cart) with a bewildering array of food choices...from fresh produce to sugar-laden processed convenience meals and snacks.

We know that what children eat and when they eat it can have a profound effect on their overall health and specifically their dental health.

#### **Tips to reduce your children's risk of tooth decay:**

- Limit between meal snacks, offer them nutritious foods with low decay risk, such as nuts, fruit, cheese, vegetables.
- Monitor beverage consumption, make healthy beverage choices, such as water and low-fat milk. Avoid the soft drinks and fruit juice.
- Help your children develop good brushing and flossing habits
- Brush your teeth with fluoride toothpaste and clean between your teeth for a healthy smile. The routine is Two Minutes, Twice A Day.
- Schedule regular dental visits, twice a year for kids starting at age one.

Have some fun brushing with your kids. Check out:

"Sesame Street: Healthy Teeth, Healthy Me: Brushy Brush";  
Children's Music : David Chicken "Brusha Yo Teeth";  
Tooth Brushing Song by Blippi: 2 Minutes Brush Your Teeth for Kids".

Your teeth are amazing, your dentist can help you keep them that way!

*Yours for better dental health,*

**Hugh A. Bialecki, D.M.D.**



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