

## February is National Children's Dental Month

We know that with COVID many of routines have been disrupted including for young children a trip to the dentist. We want to highlight for you why regular dental care is important for young children and what you can do to ensure their teeth remain healthy now and in the future.

### Toothbrush for Everyone!

Thanks to a donation from Dr. Verwest at Pediatric Dentistry of Florida, we will be sending all of students ages 1 and up home with a new toothbrush this month.

### Do baby teeth matter?

Baby teeth are particularly important to your child's health and development. They help him or her chew, speak and smile. They also hold space in the jaws for permanent teeth that are growing under the gums. When a baby tooth is lost too early, the permanent teeth can drift into the empty space and make it difficult for other adult teeth to find room when they come in. This can make teeth crooked or crowded. This newsletter is a simple tool for you to use to gain more knowledge on how to care for your little one's teeth.

## Fun Family Book

This month we are highlighting the book *The Story of the Sugar Fairies, a Sweet Tale of Good Choices* by Robin E. Mizwa. This a wonderfully written and illustrated book about the sugar fairies and their cousins the tooth fairies that encourages children to make the best choices when it comes to eating sweets. We certainly recommend this for all student home libraries.



## MLC February Family Minutes

A resource from our family to yours



## Toothpaste or No Toothpaste?

Parents often worry about how much toothpaste to allow their child to use simply because toothpaste is not meant to be swallowed. There is no harm in sampling dry brushing to remove debris.

Current recommendations advise if using toothpaste to use a smear of fluoride toothpaste (or an amount about the size of a grain of rice) for children younger than 3 and a pea-sized amount for children 3 to 6.

## Brushing twice a day helps keep the cavities away.

Twice a day is ideal. You should brush your child's teeth after breakfast and at night. Just remember not to give any more food or drink (except water) afterward, to prevent bacteria from lingering.

## Sing, Sing a Song

This is a creative way to keep your child engaged in the act of brushing his/her teeth for the recommended 2 minutes. Use this time to dual as a learning experience by singing the alphabet or counting to 100. Here is a link to a free teeth brushing chart children will love completing.

Free Chart:

<https://nibdental.com.au/wp-content/uploads/2016/11/nib-teeth-brushing-chart.pdf>

## Say cheese! Smile!



## Resources

<https://www.pampers.com/en-us/baby/teething/article/dental-care-for-children-faqs>

<https://www.healthychildren.org/English/healthy-living/oral-health/Pages/Toothbrushing-Tips-for-Young-Children.aspx>

<https://www.aetna.com/health-guide/kids-brush-teeth.html>

<https://www.mouthhealthy.org/>