

ORAL HEALTH NEWSLETTER



WINTER 2015

FROM THE OFFICE OF DR. MICHAEL LEACH

Meet Staff Member Courtney Dyer



As a child Courtney was a patient of our practice and loved it so much that she came back to work here! She is a Milton High School grad and has received her certificate in Dental Assisting. Her

favorite part of her job is that she gets to work with children. Courtney has a Cairn Terrier named Lucy, who loves to play ball and go on walks. She enjoys spending time with her family and friends and watching Alabama football - Roll Tide Roll!

SNOW FUN! PUFFY SNOWMAN PAINT

Put shaving cream and white school glue in refrigerator overnight.

Take glue out for 10 minutes before mixing.

Mix equal parts of glue & shaving cream.

Optional

Mix in iridescent glitter and/or peppermint extract.

Paint a snowman shape, let dry & decorate anyway you wish!



How do I prevent cavities?

Good oral hygiene removes bacteria, plaque and left-over food particles that combine to create cavities. The enamel on baby teeth is not as tough as adult teeth, therefore children need extra care to avoid decay.

Parents, as consistent role models, are key for setting a daily routine and to making their children understand the importance of oral hygiene. Tooth brushing should be presented as a habit and an integral part of the daily hygiene routine.

For infants, use a clean wet washcloth to wipe the plaque from their gums. Once your child's teeth erupt, brush them at least twice a day with a non-flouridated toothpaste. A pea size amount of fluoride toothpaste can be used after the child is old enough NOT to swallow it.

When teaching your child to brush, place the toothbrush at a 45 degree angle, start along the gum line with a soft bristle in a gentle circular motion.

- Clean the outer surfaces of your upper teeth, then your lower teeth
- Clean the inner surfaces of your upper teeth, then your lower teeth
- Clean the chewing surfaces
- For fresher breath, be sure to brush your tongue, too

Brush 2 times a day for 2 minutes

Use a timer or check out brushing apps that are available for portable devices. Quality in brushing is key, so stay in front of the mirror to keep focused.

Supervise your child's brushing. Parents should brush after a child until they are able to tie their own shoes.

Everyone should have their own toothbrush. Do not share! Replace when worn or every three months.

Floss

You should start flossing your children's teeth even when they have only their baby (primary) teeth. Once a child's teeth start to fit closely together, usually between the ages of two and six, parents should start to get their children in the habit of flossing daily. As they develop dexterity, you can help them learn to floss. Children usually develop the ability to floss on their own around the age of 10.

Our Most Recent Contest Winners



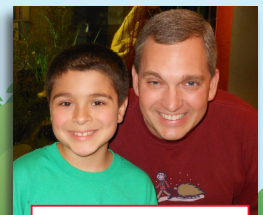
Josh
Movie Passes



Lily
Skyzone Passes



Kerrigan
iTunes Gift Card



Tommy
Main Event Gift Card