

# ORAL HEALTH NEWSLETTER



WINTER 2016

FROM THE OFFICE OF DR. MICHAEL LEACH



It is Dr. Leach's mission to provide children with the highest quality of pediatric care in a warm, caring and kid friendly environment. We are committed

to providing specialized care for children, including children with apprehension or special needs, so that they have an optimum dental experience. Dental health along with overall health is our priority. We will work with you to ensure that your child achieves and maintains the highest quality of dental care through their growing years. We focus on preventive care to help each child have a healthy smile that will last a lifetime.

We are currently accepting new patients and would love for you to come by to visit us!



## COLORED ICE SCULPTURES

### MATERIALS

- Cups, muffin tins, and bowls of various sizes and shapes
- Water
- Food coloring or liquid watercolors

### INSTRUCTIONS

Start by freezing the water dyed with liquid watercolors (food coloring would work, too) in various containers, including the muffin tin, various small bowls, a cake pan, and some plastic cups.

Once frozen, run the containers under warm water to loosen and remove the ice. Stack shapes together to make sculptures.

## Teeth Grinding in Children

### About Bruxism

Bruxism is the medical term for the grinding of teeth and is very common in children. In most children it goes away by 6 years, but some continue to grind their teeth into adolescence and even adulthood. Bruxism often happens during deep sleep phases or when kids are under stress.

### Causes

Some causes of grinding include discomfort from an earache or teething. Other reasons include difficulty breathing, which can be caused by a stuffy nose due to a cold or allergies, sleep apnea resulting from enlarged tonsils and/or adenoids, or bite issues due to the upper and lower jaws not being properly aligned. In older children and teens, teeth grinding can be caused by stress and anxiety. In some circumstances, nighttime grinding and clenching can wear down tooth enamel, chip teeth, increase temperature sensitivity and even cause facial or jaw pain. When permanent teeth are involved, Dr. Leach may recommend wearing a night guard for protection.

### Effects

In many cases, bruxism goes undetected with no ill effects, while with others it may cause headaches or earaches. Usually it's more bothersome to other family members because of the grinding sound.

Coming in for dental health check ups every six months is a great way to keep up with any changes in your child's mouth which will ensure the best oral health.



### Our Most Recent Contest Winners



Andersyn - winner of iTunes card for Ortho Maintenance Contest



Annelise - winner of iTunes card for being a Star Patient



O'Brien Family - winners of tickets to Uncle Shuck's



Will - winner of Main Event Gift Card

4895 Windward Pkwy, Suite 201 • Alpharetta, GA 30004 • (770) 521-8855  
[www.thekidstoothdoc.com](http://www.thekidstoothdoc.com)