



Easter Seals

B3 News You Can Use

FEBRUARY 2015

IN THIS ISSUE:

- The Importance of Early Dental Care
- Too Much Bottle Could Lead to Tooth Decay
- Prevent Tooth Decay with These Easy Ideas
- Healthy Snacks for Healthy Teeth
- Dental Clinics in the Milwaukee Area

It's Never too Early to Start Your Child's Dental Care!

Your child's dental care starts with your healthy pregnancy because baby teeth begin to form before birth. Healthy teeth stay important as your baby grows.

While pregnant:

- Eat a balanced, nutritious diet and get a good amount of vitamins and minerals.
- Have a complete dental exam and treat any cavities or gum disease

By the time your baby is 6 months old:

- Ask your child's doctor about how likely future dental problems are

Dental Care from 0-1 year old:

- Wipe your baby's gums with a clean, wet gauze pad after each feeding
- Begin brushing baby's teeth as soon as the first tooth appears

- Do not nurse for long periods of time

By 2 years old:

- Have your child visit the dentist

Why are healthy teeth so important?

- Healthy teeth make chewing and eating easier
- They form the shape of your child's face
- They make it easier for your child to talk clearly.

What could happen if baby teeth are not cared for?

- Tooth decay, causing pain and discomfort

- Infections that can affect your child's total health
- A need for costly dental care
- Damage to the underlying permanent teeth
- Missing school or needing emergency care
- No space for permanent teeth to come in

By following these simple tips, you will be able to cherish your child's smile for years to come.



Did you know?

Children ages 0-2 could get tooth decay if they use a bottle (or breast) too much. To avoid this, follow these tips:

- Avoid long or frequent feedings
- Wipe your child's teeth after feeding
- Don't put your baby to bed with a bottle
- Use the bottle at feeding time only, not as a pacifier
- Transition your child from a bottle to cup by 1 year old

Easter Seals
Southeast Wisconsin
2222 S. 114th Street
West Allis, WI 53227
414-449-4444

DID YOU KNOW?

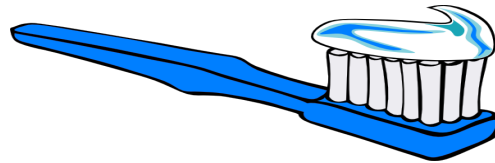
- 1. The more often your child eats or drinks sugary things, the greater the chance of tooth decay.
- 2. Tooth decay is the single most common chronic childhood disease.
- 3. Tooth decay left untreated, can destroy a tooth and have a strong, lasting effect on your child's overall health.

NOTE:

The information in this newsletter should not be used in place of the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may suggest based on individual facts and circumstances.

Prevent Tooth Decay with These Easy Rules.

- 1. Do not put a child to sleep with a bottle.
- 2. Help your child develop good eating habits and choose nutritious snacks.
- 3. Teach your child to drink from an open cup by their 1st birthday.
- 4. Help your child with brushing for 2 minutes, 2 times a day. Use a pea size amount of toothpaste, and teach your child to spit out, not swallow the toothpaste.
- 5. Have a visit with a pediatric dentist by your child's 2nd birthday.
- 6. Limit food and drinks with sugar to mealtimes only. Avoid baby drinks and juices.
- 7. Do not dip a pacifier into sugar water or honey to calm a fussy child.



Healthy Snacks for Healthy Teeth

Fresh Fruit:

Grapes, melon, banana, pear, peach, plum, strawberries

Fresh Vegetables:

Tomatoes, celery, carrot and cucumber sticks, sliced peppers, sugar snap peas.

Sandwich Fillings:

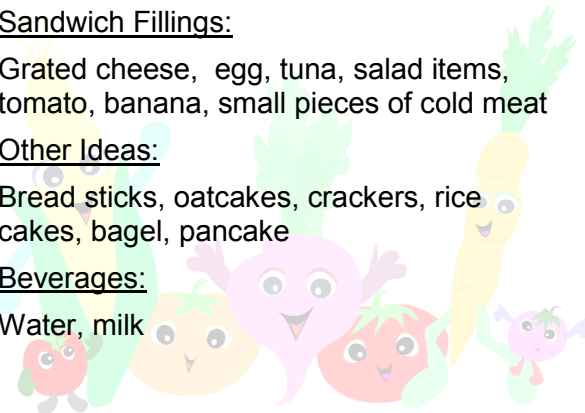
Grated cheese, egg, tuna, salad items, tomato, banana, small pieces of cold meat

Other Ideas:

Bread sticks, oatcakes, crackers, rice cakes, bagel, pancake

Beverages:

Water, milk



Free or Reduced Fee Dental Clinics in Milwaukee

Children's Hospital Dental Clinic
 9000 W. Wisconsin Avenue
 414-266-2040

Marquette Dental School Clinic
 1801 W. Wisconsin Avenue
 414-288-6790

St. Elizabeth Anne Seton Clinic
 1730 S. 13th Street
 414-383-3220

Westside Health Care
 3522 W. Lisbon
 414-287-0919



Information was gathered and used from the following sources. For more information on

these and other topics, please visit the following:
 American Academy of Pediatrics,
www.aap.org

Child-smile.org.uk
Kidshealth.org
Colgate.com
Nationwidechildrens.org