

Nurse's Notes

Dental Health

February's is dental hygiene month and I want to share with you why healthy teeth are so important.



- * They help with word pronunciations to speak the sounds TH, SH, CH , S, V, and L, among many other letters.
- * They help you look your best with a happy smile :)
- * They help support the facial muscles and skin contour of your face.
- * They help with the digestion of food by biting and chewing.

All these are reasons why it is so important to take care of your teeth by brushing and flossing at least twice a day, especially after you eat. You have plaque on your teeth that bacteria likes to stick to, which then thrives on sugar from the foods you eat, which then breaks down into acid that eats away tooth enamel causing holes called cavities. Plaque also causes gingivitis, which is gum disease that can make your gums red, swollen and sore. Your gums are partly responsible for holding your teeth in place. Bacteria can also make your breath smell bad...yuck!

How you can keep your teeth healthy

- * Brush at least twice a day - after breakfast and before bedtime.
- * Brush all of your teeth, not just the front ones.
- * Brush away from your gums.
- * Spend at least 2-3 minutes each time you brush.
- * Use toothpaste with fluoride.
- * Use soft bristles and change your toothbrush every 3 months.
- * Floss your teeth to prevent cavities between your teeth.
- * Make dental visits twice a year for teeth cleanings and a check-up.
- * Eat fruits and vegetables and drink water instead of soda/sugar drinks.

Remember: Do not forget to smile! If you take care of your teeth, your teeth will help take care of you :)

Resource: http://kidshealth.org/kid/stay_healthy/body/teeth.html

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