

# Protect Children's Teeth During Summer Fun!

## Preventing Dental Emergencies Throughout the Year

Do not let your child run alongside a swimming pool

Have your child wear a helmet and safety pads when riding or being a passenger on a bike

Make sure your child wears a mouthguard when playing sports

## Healthy Children and Healthy Teeth

To keep your teeth healthy, it's important to brush **twice** a day—once in the morning, and **especially** at night with fluoridated toothpaste

When choosing a toothbrush for your child, look for one that has soft bristles, a small head (to reach every tooth), and a bulky handle (easier to grasp)

Remember to replace the brush when bristles are frayed; and, after illness, such as colds, or flu.



The busy summer months of vacations, camps, playing outdoors and swimming can cause a variety of dental emergencies. Knowing how to handle a dental emergency can mean the difference between losing and saving a tooth. In general, the sooner you can get to the dentist, the better. The American Dental Association offers the following tips on handling some common dental emergencies.

### Knocked Out Tooth

It's important to retrieve the tooth and hold it by the crown. Rinse the root of the tooth if it's dirty. Do not scrub or remove any attached tissue fragments.



If possible, put the tooth back in its socket. If that isn't possible put it in a container with milk or water and see a dentist as soon as possible.

### Broken Tooth

Rinse the child's mouth with warm water to keep the area clean. Use cold compresses on the tooth to keep the swelling down, and get to your dentist's office quickly.

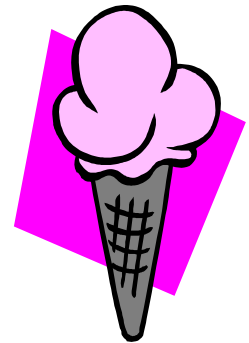
### Bitten Tongue or Lip

Clean the area gently with a cloth and apply cold compresses to reduce the swelling. If the bleeding doesn't stop, seek a hospital emergency room.

### Toothache

Rinse the mouth with warm water. Use dental floss to make sure food or foreign objects are not lodged around the tooth. Call your dentist for an exam.

*Do not put aspirin or any painkiller on the gums or around the aching tooth. This can cause a burn on the mouth and do more harm than good.*



## Getting Ready for a "Sparkling" School Year

Summer months are a perfect time to help children develop good oral health habits. Children, who are taught to care for their teeth at a young age, are more likely to carry good oral habits into adulthood. Take advantage of their time off from school during the summer months and make your child's six-month dental appointment. Children should have their first

dentist visit at age three. However, if you see stains or teeth beginning to break, see a dentist as soon as possible. If decay is left untreated on baby teeth, children could have severe pain, damaged adult teeth, and poor appearance. Unhealthy teeth can affect a child's self esteem and ability to succeed.

When choosing a dentist for your child, try to choose a pedodontist (a dentist

who only treats children). They have training and experience in working with young children and can make your child's dental visit positive.

Help reduce your child's fear of their first dental visit by explaining what will take place. Books can be an effective tool to show and talk with them about an X-ray, a dentist, and a dental office. Also, let the dentist's staff know if your child is nervous or anxious.