



Two-year-old Kathrynne is visiting the dentist. Katie is off to a great start with her oral hygiene needs as she has been seeing the dentist since she was just barely a year old. Katie has been in to see the dentist for her regular check-ups and fluoride treatments on a routine basis. We are proud to say that Katie has been cavity-free thanks to the ABCD program.

Plackers Introduces Kids Brush & Learn Musical Toothbrushes

Innovative toothbrushes make daily brushing routine fun and educational for kids. Utilizing original melodies and upbeat, catchy lyrics, each toothbrush plays an entertaining, educational song that encourages healthy dental care habits by making brushing fun for children. Parents can choose from four Brush and Learn toothbrushes with songs that help teach children their ABC's, 123's, farm animal sounds, and proper teeth brushing techniques.

Toothbrushes have a large on/off button and ergonomic handles easy for little hands to use, and soft, gentle bristles.

They are currently available at Walmart stores and on-line at www.plackers.com.

How to Make Kids Want to Brush Their Teeth

- ♦ Children like to model what their parents do. Invite your kids in the bathroom with you when you are brushing your teeth. They will be interested in the process and may want to do it themselves.
- ♦ Take your kids shopping for their own toothbrush of their choice. Kids like battery-operated toothbrushes. Let them also select their own toothpaste, making sure it is age-appropriate.
- ♦ When it's time for the kids to brush their teeth, get really excited and hype the experience up. Make it seem like it is as fun as going to a party. Let them brush their teeth themselves, but then finish up once they are done to make sure they've brushed everything, including their tongue.

Sippy Cup Tips

- ♦ The sippy cup is a training tool to help children transition from a bottle to a cup. It shouldn't be used for a long period of time – it's not a bottle and it's not a pacifier.
- ♦ Unless being used at mealtime, the sippy cup should only be filled with water. Frequent drinking of any other liquid, even if diluted, from a bottle or no-spill training cup should be avoided.
- ♦ Sippy cups should not be used at naptime or bedtime unless they only have water in them.

Cavities Are Contagious

Savannah Morning News reported what the dental community already knows. Drop a baby's spoon or pacifier on a clean floor and many parents will probably lick it off and stick it back in the baby's mouth. But dentists are advising parents not to do that because they could be passing on an unwelcome legacy of cavities. "Children aren't born with bacteria in their mouths that cause tooth decay," says dentist H. Byron Colley III. "They get that bacteria by sharing utensils and by transferring saliva with other bacteria-laden, mouths, such as their parents...if the oral hygiene of the parent is not good, that will be transferred to their child. Then that leads to tooth decay."

Colley and other dentists say many parents are surprised to learn they can transfer bacteria-causing cavities and poor oral health to their children. The problem is made worse by other common dental mistakes such as giving baby the wrong sugar-filled beverages, not brushing the baby's teeth, and waiting too long for the first checkup. "Dentistry is about education and prevention," Colley says.

Can Kissing Be Dangerous to Your Health?

With just one kiss, couples can share more than 500 types of disease-causing germs and viruses, warns the Academy of General Dentistry (AGD). "Not knowing who you are kissing could be as dangerous to your health as having multiple sex partners," says AGD spokesperson Connie White, DDS, FASG.

Cold sores are caused by the herpes virus which is highly contagious. Colds and flu viruses can be transmitted very easily through contact with the saliva or nasal secretions. Mononucleosis, the "kissing disease" is easily communicated to others through kissing as well as sharing food, a cup, utensils or straws.

If you're still in the mood – and you and your partner are healthy – stealing some smooches may benefit your oral health by increasing saliva production. Saliva helps to wash away food particles and cavity-causing bacteria. It also protects teeth from decay by neutralizing harmful acids.