



# Heritage Dental Group

## Kindy Newsletter



### ***When is the right time for your child to visit the Dentist for a general dental check-up?***

The most important thing with kids' oral health and dental visits is to start early. As soon as they turn one or even before their first birthday, seeing a dentist is recommended. Be it seeing a Dentist or getting into the routine of proper brushing and flossing techniques, as soon as your baby's first teeth erupt, schedule an appointment with your dentist. This is the perfect time for you and your child to get to know your dentist and start on early brushing and oral hygiene habits. Kids sometimes feel nervous when it comes to visiting a dentist. At Heritage Dental Group, our team strives to make your child's dental visit as fun and educating as possible. Early visits are essential to provide parents and kids with support and education to help keep their teeth and gums healthy.

Our friendly professional team always strives to make your child's dental visit informative, comfortable and full of fun. With an early start to dental visit and oral hygiene, you are giving your child the best possible chance to maintain a healthy beautiful smile for life.

### ***Importance of Baby teeth and how to look after them?***

Baby teeth are very important for your child's overall health and development. Baby teeth help them speak clearly, help them eat well and smile. Baby teeth also help adult or permanent teeth to grow in properly. If a baby tooth is lost too early other teeth may move into its space and lock the way for the permanent tooth from coming through. Baby teeth holds a space in the jaw for permanent teeth which are developing under them.

### ***How to look after your child's teeth?***

Make sure you watch your kids brush and floss and talk to them about good oral hygiene. Once they start reading, get them some interesting books about dentists and the benefits of proper brushing and flossing.

It is extremely important to keep an eye on your kids brushing techniques to make sure they are brushing all the teeth, not just the front and reaching all the way to the back molars. Introducing flossing is also important to prevent decay in between teeth. We know, it is not easy for kids to floss but as parents and dental professionals, we should always reinforce the importance of flossing, by showing them proper techniques. Always try to talk to your kids and reinforce positive outcomes of a dental visit like checking that your teeth and gums are healthy, checking the number of baby teeth or adult teeth and making sure they have a healthy smile. Pain from cavities can affect your child's sleep, diet and ability to grow.

At Heritage Dental Group, we are passionate about teaching children good oral hygiene habits. Our Dentist and staff are trained to make your kids dental visit comfortable and experienced in dealing with nervousness and fears. Following are the tips for preventing tooth decay and maintaining healthy teeth:

- 1. Brush twice a day**
- 2. Floss daily**
- 3. Healthy Eating- avoid sugary sticky foods**
- 4. Healthy Drinking- avoid acidic and sugary drinks**
- 5. Visit your Dentist regularly**
- 6. Wear a Mouth guard for sports**

***Thumb sucking- Prolonged thumb sucking may cause problems with proper growth and development of mouth and alignment of the teeth. If you are concerned about your child's primary or permanent teeth or see any changes, please consult your dentist.***



#### ***Dental Joke 😊***

***Why did the King go to the dentist?***

***To get his teeth crowned.***

**Baby bottle tooth decay-** This kind of tooth decay involves frequent exposure to liquids that contain sugar (milk, formula, fruit juice and other sweetened drinks). This type of decay occurs in the upper front teeth but can affect other teeth as well. Make sure your child finishes their bedtime or naptime bottles before going to bed and brushing their teeth. Avoid filling the bottles with sweet drinks and juices.

### **Did you know?**

*Tooth enamel is the hardest structure in the human body.*

*Teeth start to form before we are born.*

*The first toothbrush with bristles was manufactured in China in 1498.*

*Tooth decay is the most common chronic disease in Australia.*

*The human tongue is as unique as a fingerprint.*

*A snail's mouth is no larger than the head of the pin, yet it can contain over 25,000 teeth.*

### **What to do in a Dental Emergency?**

**Toothache-** Rinse the mouth with warm water to remove food debris, if swelling is present, use cold compress to the outside of the cheek (do not use heat). Seek dental treatment ASAP

**Knocked out tooth-** Remain calm, find the tooth, handle the top of the tooth, never hold the tooth from its root, do not scrape, if dirty rinse it in milk or very quickly in water, keep it moist by immersing in milk, Seek immediate dental treatment ASAP

**If a baby tooth is knocked out-** do not attempt to replace (it can cause damage to the developing adult tooth), seek prompt dental or medical treatment so any trauma to the lips and gums can be managed.

**Cracks, chips and fractures-** If the chip or crack is minimal and no soft tissue damage or pain, do not panic, Seek dental treatment ASAP

**Abscesses and swelling-** Seek immediate treatment from a dentist or doctor, use cold compress to help control swelling and pain, an abscess will not heal itself so seek treatment ASAP

### **ABOUT US- HERITAGE DENTAL GROUP**

#### **Our Practice provides following services:**

- General Dentistry
- Kids Dentistry-Bulk-Bill Kids under Medicare for eligible families
- Cosmetic dentistry
- Teeth whitening-Smile Consultation
- After hour appointments available
- Invisalign and Orthodontics

#### **Opening Hours**

Mon-Fri 8.15am to 5.30, Thursday 9am-7pm

Saturday- By appointment only

#### **Contact us:**

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