

THE GREAT BODY SHOP Family Bulletin



This month in THE GREAT BODY SHOP, your child will study teeth and dental hygiene. To review the material, we ask that you post this page in your home and follow the daily activities along with your child.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Today's Riddle</p> <p>I am a mineral that makes the enamel on your teeth harder than it already is. I have been added to drinking water and toothpaste. What am I?</p> <p>(fluoride)</p>	<p>If one of your child's adult teeth is knocked out:</p> <ol style="list-style-type: none"> Put it in a glass of whole milk or saliva. Do not wash tooth! Get to the dentist within a half hour. 	<p>Today's Riddle</p> <p>I am the hard, white coat of armor that covers your teeth. What am I?</p> <p>(enamel)</p> <p>Has your child flossed today?</p>	<p>A pediatric dentist is a dentist specially trained to work with children. You can find one in your area by consulting the American Dental Association. Find a dentist near you.</p>	<p>Every snack your child eats can cause a 20 minute "acid attack."</p> <p>Try to limit snacks to fruit, cheese, and vegetables. Try to avoid "sticky" snacks.</p>
<p>Chewing ice cubes could fracture a tooth. Extreme temperature changes can also cause fillings to expand and contract. This shortens the life of the filling.</p>	<p>Choose a "youth" toothbrush for your child. The smaller head makes it easier to reach back teeth. Look for one with "soft" bristles. Brushes with "hard" bristles actually wear enamel off your teeth.</p>	<p>Hidden sugars can hurt teeth, too. Check the label on foods like processed peanut butter, ketchup, and salad dressings.</p> <p>Has your child flossed today?</p>	<p>Chewing pens, pencils, and even fingernails can crack a tooth's enamel. Some people have even worn a groove in their teeth over time.</p> <p>Has your child flossed today?</p>	<p>Use a toothpaste with fluoride. The teeth will absorb the fluoride, which will harden the teeth's enamel. If there is no toothpaste available, dry brushing will help remove plaque.</p>
<p>Under stress? You may grind your teeth while sleeping! Signs to watch for: pain when chewing, headaches, a "click" when you open your jaw wide. Wearing a night guard can stop the problem.</p>	<p>Treat everyone in your family to a new toothbrush today! A brush should only be used for three months. Discard any toothbrushes if the bristles are splayed.</p>	<p>Today's Riddle</p> <p>I'm a bumpy back tooth. Some people even call me a masher. What's my name?</p> <p>(molar)</p>	<p>Sealants are plastic coatings applied to teeth so that acid can't eat the enamel. Applying sealants is painless, costs less than filling a cavity, and lasts between 5-10 years. Ask your dentist about sealants.</p>	<p>Make sure your child flosses regularly—it's the only way to get rid of between-teeth plaque. Try cinnamon or mint flavored floss. If your child's teeth are close together, choose a fine floss.</p>
<p>Sticky snacks are a tooth's worst enemy! These include crackers, cookies, potato chips, dried fruit, and granola bars.</p> <p>Has your child flossed today?</p>	<p>Today's Riddle</p> <p>You can't see me, but I cover your teeth and feed off the food you eat. I disappear every time you brush. What am I?</p> <p>(plaque)</p>	<p>Don't suck on lemons or limes—the acid in them can eat right through enamel. That will leave the tooth unprotected, and will cause cavities.</p> <p>Has your child flossed today?</p>	<p>Today's Riddle</p> <p>I'm a flat front tooth. My job is to help you bite off pieces of food. What's my name?</p> <p>(incisor)</p>	<p>Does your child always breathe out of his mouth, instead of his nose? Doing that can dry out teeth and gums. Check with your pediatrician to find out if the nose is blocked.</p>