



Health and Wellness

Revitalized Health and Wellness

Christian Education

Jeremiah 17:14 (NIV)

Heal me, O Lord, and I will be healed; save me and I will be saved, for you are the one I praise.

Please know that the Word of God can be your source of refuge and endurance when experiencing stress from health issues. It is important that you are aware of all health issues. The month of February is National Children's Dental Health Month (NCDHM)

Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month to raise awareness about the importance of oral health. Developing good habits at an early age and scheduling regular dental visits helps children to get a good start on a lifetime of healthy teeth and gums.

Parents, did you know that early childhood tooth decay has become the most common chronic childhood disease, impacting more children than asthma. According to the ADA, more than 40% of children have tooth decay by the time they reach Kindergarten. Additionally, kids who suffer from poor oral health are three times more likely to miss school as a result of dental pain. The American Association of Pediatric Dentists recommends that parents establish a dental home for their child by their first tooth or first birthday

Baby teeth are so important because of their key role of saving space for a child's permanent teeth. They stay in a child's mouth for 8-10 years and also affect their speaking, chewing, and smiling. Baby teeth can also indicate a child's overall quality of health. Untreated tooth decay can cause oral infections that enter the bloodstream and lead to other serious health problems, while also allowing bacteria to spread to new adult teeth.

Another significant oral health risk for infants and young children under the age of 1 is from baby bottle tooth decay. This occurs when your child consumes sugary liquid and bacteria in their mouth consume the sugar and produce acid. This acid attacks the enamel on baby teeth and can trigger tooth decay after continued exposure. Liquids that contribute to this condition include milk, formula, fruit juice, soda, and any other sweetened drinks. If your child needs to sleep with a bottle, water is the safest option without any risk.

Here are some tips to help you with forming good dental hygiene habits.

1. Brush and floss your teeth twice a day using fluoride toothpaste to keep your smile strong.
2. Eat healthy foods and limit sugary beverages
3. See your dentist twice a year.

When brushing use these proper techniques to ensure maximum benefits

1. Place the toothbrush at a 45-degree angle to the gums and move the brush back and forth gently in short strokes.
2. Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.
3. To clean the insides surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.
4. Brush your tongue to remove bacteria and keep your breath fresh.
5. Smile

References:

<https://www.ada.org/resources/community-initiatives/national-childrens-dental-health-month>

<https://childrensdentalhealth.com/february-national-childrens-dental-health-month/>

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