

Healthy Smile Dental Clinic Newsletter



Here are some ideas for countering the mistakes parents make.

Start right with some "Happy Visits" with the hygienist to help your child accommodate and get used to the idea of dental care. It really does help to get oral health started on the right foot.

Begin early to monitor, coach, and expect good oral hygiene at home. Don't just send the child off to do it themselves and believe it is happening. Inspect results and be part of the process in an age-dependent way.

Be hands-on. As your children get older, you can step away bit by bit and be more of an inspector, with perhaps a weekly turn at the job itself.

Get early and regular professional care. There are too many things that can go wrong from early on to leave this to chance. Baby teeth serve an important purpose. They help guide adult teeth into the correct position and help with our speech.

On the bright side, tooth decay is entirely preventable. You just have to control the bacterial plaque and the acid levels in the mouth and oversee good oral hygiene and a better diet, and regular visits to the hygienist.

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Parent involvement

Did you know tooth decay is the #1 most common childhood disease?

I know it's difficult to think of a cavity as a "disease" – but it is. It's bacterial. It's contagious. It's painful. And it's completely preventable!

The sad part is that too many parents are not doing the job they signed up for, by not making sure their kids teeth and smile starts off healthy – and stays that way!

It's unfortunate that so many parents make so many mistakes when it comes to raising kids with decay-free teeth.

In circumstances where access to care is difficult or finances place a strain on a families ability to have regular dental check-ups, it costs nothing for parents to be more involved and proactive in their children's oral hygiene behaviour and control of diet.

So often I see parents blaming their young child for the tooth decay they have – in a "it's your own fault" or "serves you right" sort of way – when it is very clear that they aren't personally involved in the child's oral hygiene and are very laidback when it comes to sugary food supervision.

Six mistakes parents make

1. Wait till it's too late.
2. Aren't hands-on.
3. Don't set expectations.
4. Don't do inspections.
5. Don't model good oral health
6. Don't see that children get professional care.

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