

Patient's Page

This message brought to you by your dentist - a proud member of the Oklahoma Dental Association



February is National Children's Dental Health Month

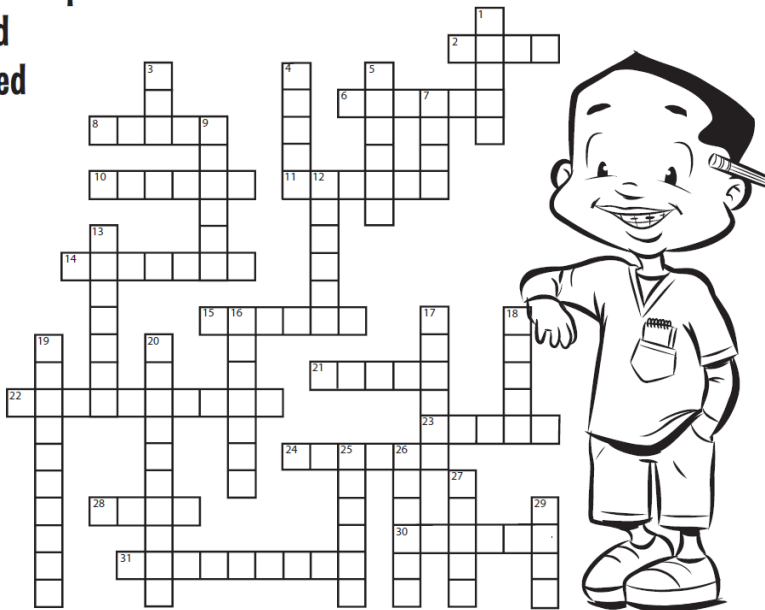
Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums.

- Brush your teeth twice a day with an ADA-accepted fluoride toothpaste. Replace your toothbrush every three or four months, or sooner if the bristles are frayed. A worn toothbrush won't do a good job of cleaning your teeth.
- Clean between teeth daily with floss or an interdental cleaner. Tooth decay—causing bacteria still linger between teeth where toothbrush bristles can't reach. This helps remove the sticky film on teeth called plaque and food particles from between the teeth and under the gum line.

Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month to raise awareness about the importance of oral health.

February is National Children's Dental Health Month!

No one likes a crossword puzzle more than Den. He's already finished this one so if you need help see the answer key at the bottom of the page.



ACROSS

- Flossy loves to do _____ problems.
- Don't forget to brush your _____.
- Pictures of your teeth.
- A _____ hygienist cleans your teeth at the dentist's office.
- Buck loves to play _____.
- Visit your _____ regularly.
- Den and Gen's last name is _____.
- Brush your teeth at least _____ a day.
- Wear this to protect your smile while playing sports.
- Flossy and Buck are _____.
- Den wears _____ to straighten his teeth.
- Your first teeth.
- A dentist uses this to help see all your teeth.
- The Smileys moved in down the street from the McGrinns so now they are _____.

- Clean between your teeth with dental _____.
- _____ are back teeth used for grinding food.
- They hold your teeth in place.
- Limit between meal _____.
- If not removed, can lead to cavities.
- What your dentist applies to protect teeth from decay.
- Buck and Flossy's last name is _____.
- Only eat sparingly to keep your smile healthy.
- The part of a tooth that you can see is called the _____.
- Use this to keep teeth clean
- Broccoli and carrots are nutritious _____.
- Gen loves to draw and paint, she wants to be an _____.
- The hard outer layer of a tooth.
- Most kids have all their baby teeth by the age of _____.
- Smile.

DOWN

- Drink this instead of soda pop.
- Use only a _____-sized amount of toothpaste when you brush.

ACROSS: 2-MATH, 6-TONGUE, 8-X-RAYS, 10-DENTAL, 11-SPORTS, 14-DENTIST, 15-SMILEY, 21-TWICE, 22-MOUTHGUARD, 23-TWINS, 24-BRACES, 28-BABY, 30-MIRROR, 31-NIBBLEBORN
 DOWN: 1-WATER, 3-PEA, 4-FLOSS, 5-MOLARS, 7-GUMS, 9-SNACKS, 12-PLAQUE, 13-SEALANT, 16-MGRINNS, 17-SWEETS, 18-CROWN, 19-TOOTHBRUSH, 20-VEGETABLES, 25-ARTIST, 26-ENAMEL, 27-THREE, 29-GRIN

- Eat a balanced diet and limit between-meal snacks.

- Visit your dentist regularly for professional cleanings and oral exams.

- Antimicrobial mouth rinses and toothpastes reduce the bacterial count and stop bacterial activity in dental plaque, which can cause gingivitis, an early, reversible form of periodontal (gum) disease.

- Fluoride mouth rinse is not recommended for children age six or younger because they may swallow the rinse.

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