

News from the Elementary Nurse



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SMILE BRIGHT

Unlocking your child's brightest smile starts with good oral hygiene habits. Discover why it's crucial for their overall health and development.

- **Prevention is Key:** Early establishment of good oral hygiene habits can prevent future dental problems like cavities and gum disease, ensuring a healthier smile for your child.
- **Boosts Confidence:** A healthy smile enhances your child's confidence and self-esteem, making them more comfortable in social interactions.
- **Protects Overall Health:** Oral health is closely linked to overall well-being, with poor oral hygiene potentially leading to systemic issues such as heart disease and diabetes.
- **Establishes Lifelong Habits:** Teaching good oral hygiene practices early fosters habits that can benefit your child throughout their life.
- **Saves Money:** Investing in preventive dental care now can save you money on costly treatments later, making it a wise investment in your child's future health.

Your Smile
is worth more than a
**Pot O'
Gold**



SMILE SAVVY

Let's now explore some practical tips to assist your child in keeping their smile healthy:

Lead by Example: Demonstrate good oral hygiene habits by brushing and flossing alongside your child.

Choose the Right Tools: Select age-appropriate toothbrushes and toothpaste, letting your child choose their favorite design.

Set a Routine: Establish a consistent oral hygiene routine with reminders to brush twice a day and floss daily.

Visit the Dentist Regularly: Schedule regular dental check-ups for early detection and guidance on oral care techniques.

Limit Sugary Treats: Encourage moderation with sugary foods and drinks, emphasizing post-treat brushing.

Celebrate Milestones: Make losing baby teeth and getting permanent ones exciting to reinforce positive oral health habits.



CALENDER

- March 16th- 9a.m.-1p.m.

Bicycle Rodeo/Decatur County Hospital. Come out and get you kiddos educated on bicycle safety and get a free helmet and other goodies.

- 3rd Grade Hygiene Education

THANK YOU

A big thank you to Infinity Health Dental Clinic for providing all of our elementary students Pre-K through sixth grade with oral hygiene supplies. We appreciate you investment in our students!!!

