

Celebrating Our Moms!



Moms are important role models all day, every day! That includes brushing time, too. No matter what age, moms can help kids learn great brushing habits.

- **Pregnant women:** brush and floss twice a day and visit the dentist during pregnancy.
- **Mother of a newborn:** wipe baby's mouth daily with a clean, damp cloth and visit the dentist when the first tooth arrives.
- **Mother of a toddler:** brush twice a day using a smear of fluoride toothpaste and visit the dentist regularly.
- **Mother of a school-aged child:** brush twice a day using a pea-size amount of fluoride toothpaste, floss once a day when two teeth touch and visit the dentist regularly.



FIRST TOOTH. FIRST EXAM.

When your baby gets his first tooth
it's time to see the dentist.
Call our clinic today!

Zia Clinic
505.867.5258

TEST YOUR DENTAL KNOWLEDGE! TRUE OR FALSE?

- You should visit the dentist as soon as the first tooth appears.
- 3-4 fluoride treatments per year will help build strong teeth for your child.
- Dental sealants can protect your child's teeth from cavities.

**If you answered
true to all of them, you
are right!**



HEY MOM, DON'T SWEAT THE SMALL STUFF!



Summer Routines

As moms, we worry about falling out of routines during the summer months. We often give a little when it comes to sleeping in and staying up late with friends. To help your kids keep healthy dental habits during the summer months, try some of these helpful tips:

- Set a mid-morning and night timer to remind everyone in the family to brush and floss.
- Encourage your family to keep a water bottle close by—this is good for hydration and balancing bacteria in the mouth.
- Make dental appointments for the family during the summer months.



Smart Snacking

Every mom tries to give their kids many fresh fruits and vegetables and other healthy snacks. You're right, sometimes it hard! But, think "Smart Snacking". Here's a few easy ideas to help you choose snacks that can also help control cavities:

- Choose lower sugar snacks like pretzels, crackers, pickles and nuts.
- Eat your snack in a short time--try not to graze through the day.
- After your snack, drink water or milk or chew sugar free gum.
- Brush your teeth before bed and do not snack after brushing.
- Limit sodas and other drinks with sugar.

Remind your kids to wear helmets and mouth guards when needed.

Dental Emergencies

Chances are, when your child has an emergency—large or small—they are looking for mom to save the day. Dental emergencies are rare but it's good to be ready. Follow these tips if a dental emergency comes up:

- **Broken tooth**—save the pieces and rinse the mouth. If there's blood, use gauze to stop the bleeding. Use a cold compress to reduce swelling and call your dental clinic.
- **Knocked out tooth**—Find the tooth, rinse it off and place it in a cup of milk if it cannot be put back in the socket (do not force it into the socket). Call the dentist right away. There is a chance to save the tooth if you get to a dentist within an hour. Use gauze to stop bleeding and apply an ice pack to the area.
- **Something stuck between teeth**—try dental floss first. If that doesn't work call the dentist. Never use a pin or other sharp object to try to get the object out.
- **Abscess**—if you have swelling around the gum, similar to a pimple, you may have a bad infection. Take Tylenol or Advil then call the dentist right away.

