Getting in the Routine
With the start of school, families are getting back into a routine with earlier bedtimes, bus schedules, homework and school lunches. Including dental health in your family’s daily routine is a great way to make sure your kids keep their teeth strong and healthy for a lifetime. Your routine should include:

- Brush and floss twice daily
- Visit the dentist regularly
- Limit sweets and sodas

Test your dental knowledge! True or False?

- Your school-aged child should use only a pea-size amount of fluoride toothpaste to brush her teeth?
- Drinking water during the day can help neutralize the growth of bacteria that cause cavities.
- Mouth guards can protect your child’s teeth and gums from injuries.

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

Take your kids to the dentist.

Make an appointment for your family today!

Kewa Clinic
505.465.3078
**Mouth Guards**

Mouth guards are coverings worn over teeth, and often used to protect teeth from injury during sports. Don’t forget your mouth guards for fall sports!

Accidents can happen during any sports activity. So, using a mouth guard during sports can help protect against:

- Mouth injuries to lips, tongue, and teeth.
- Chipped or broken teeth
- Lost teeth

Kids who play contact sports like football, soccer, hockey and basketball are at risk but even skateboarding and outside fun could cause a mouth injury. So, visit your dentist to fit your child with a mouth guard to protect those pretty teeth!

**Sodas and Sugary Drinks**

Large sugary drinks can be very popular with teens. But a giant serving of sugary soda can add almost 500 “empty” calories! This is about one-third of the total number of calories that teens should have each day.

Besides tooth decay, too much sugar can lead to obesity. Obese children who grow up to be obese adults are at greater risk for cancer, diabetes and heart disease. Let’s spare our children . . . Talk to them about:

- Limiting sugary drinks each day
- Drinking water after a sugary drink
- Brushing and flossing twice a day

**Fluoride Varnish and School Screenings**

An IHS/Tribal dental hygienist or dentist may visit your child’s school this year to provide a dental screening and apply fluoride varnish treatments.

Dental screenings give you an update on your child’s dental health. The hygienist or dentist looks for cavities and other problems inside the mouth. Your child will receive a referral to the dental clinic to take care of any problems that are noticed.

The dentist or hygienist will apply fluoride varnish to protect teeth and help make they stronger. Fluoride varnish is painted on teeth 3-4 times each year and can help reverse the start of a cavity.