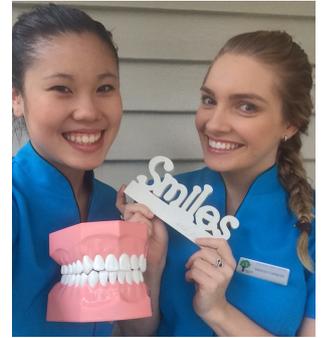




Yeronga Park Dental

Helping the Community Smile

Kindy Newsletter



What age should your child visit the dentist?

Your child's first dental check-up should take place before his or her first birthday.

- Children are at risk of early childhood caries or better known as tooth decay as soon as their baby teeth begin to erupt
- 6 monthly dental check-ups allows your dental professional monitor your child's individual growth and development
- This also allows you to learn about your child's need for fluoride, how to deal with your child's pacifier habit, diet and nutrition and how to prevent dental injuries and decay.

Importance of baby teeth

Many mums think "Baby teeth are not important because they will fall out anyway".

Did you know that baby (milk) teeth are used for:

- Chewing and eating
- Smiling and Self Esteem
- Holding space for developing adult teeth.
- Speech Development



DENTAL EMERGENCY!

Toothache

- Rinse mouth with warm water
- Use dental floss to remove any food trapped between teeth
- If swelling is present, apply cold compresses to the outside cheek
- DO NOT use heat or place aspirin on aching teeth or gums

Knocked- Out Tooth

- Apply direct pressure to the bleeding area for about 20 mins
- Go to your dental professional immediately
- Gently rinse the tooth in warm water
- If a permanent tooth, gently insert into socket or if this is not possible, place tooth in cold milk or water and bring it with you to the dentist.

Broken Tooth

- Gently clean dirt or debris from the area with warm water
- Apply cold compresses to face to minimize swelling
- Apply direct pressure to the area with a clean cloth
- Go to your dental professional immediately

Bitten Lip or Tongue

- Apply direct pressure onto the bleeding area with a clean cloth
- If swelling is present, apply cold compresses
- If bleeding continues, go to a hospital emergency room.

The nightly germ chase...

Yes, you know what I mean, or is it called the nightly tooth brushing battle in your house?

Getting small children to hold still and co-operate whilst you brush their teeth can be very difficult. Here are some tips to help you to win the battle of wills.

- Have your child sit on a stool or on the floor between your legs, facing away from you. Then brush from behind as if you were cleaning your own teeth.
- Make it a game, each night pretend to chase germs away with the toothbrush. You can try chasing germs with different coloured coats or even capes on each night.
- Try brushing in the bathtub or whilst your child is distracted by a favourite television program or find a special tooth brushing song to brush to.
- Let older children have a turn at brushing first, then it's your turn to brush their teeth.
- You should be assisting with tooth brushing until the age of 8 years old. Children do not have the manual dexterity to reach all their teeth until about this age.



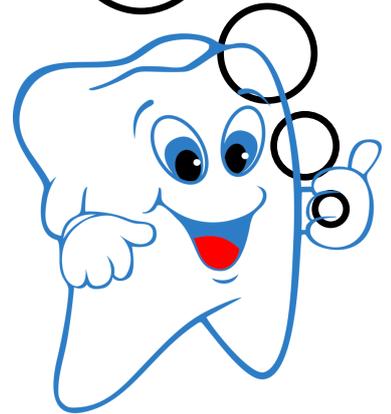
Have a laugh!

Q: What did the judge say to the dentist?

A: Do you swear to clean the tooth, the whole tooth and nothing but the tooth?

Did you know....
Swimming can cause erosion of your child's teeth due to the chlorine in the water!

Make sure your child rinses with fluoridated water after going for a dip!



About us!

Yeronga Park Dental



Yeronga Park Dental is a private practice that has been based in Yeronga for the past 25 years! We love helping the community smile.

Our practice can offer you:

- General Dentistry
- Smile Consultation
- Nitrous Oxide (Happy Gas)
- Digital X-Ray
- Child Dental Benefit Schedule through Medicare to eligible families
- Convenient Thursday evening appointments

Trading Hours

Monday: 8.30am—5.00pm

Tuesday: 8.30am—5.00pm

Wednesday: 8.30am-12.00pm

Thursday: 8.30am—9.00pm

Friday: 8.30am—5.00pm

Saturday: By Appointment

Contact us:

Phone: 07 3848 2478

Email: denist@yerongaparkdental.com.au

Website: www.yerongaparkdental.com.au