



October 2009 Newsletter

Oct 12, 2009

**In this Newsletter:**

**Don't Be Scared....This Is Really True!**

By The Best Smile Ever Team

**We Are Giving Out.....**

**CASH FOR  
CANDY!**

Bring us your Halloween candy and we will give you cash! Don't forget to mention your school because they will receive a donation too!

Come by our office during the week of Monday November 2nd through

**Side Note**

**Halloween Safety Tips For Kids**



Anytime a child has an accident, it's tragic. The last thing that you want to happen is for your child to be hurt on a holiday, it would forever live in the minds of the child and the family.

There are many ways to keep your child safe at Halloween,...

(Full Article Below)

**Links**

Newport Orthodontics & Children's Dentistry  
<http://www.BestSmileEver.com>

Friday November 6th to turn  
in your candy, and you will  
collect cash!!!

Your teeth will thank you too  
:)

The winner (with the most candy  
turned in) will also be announced in our  
November Newsletter!

Good Luck & Happy Trick-Or-Treating!

From your BEST SMILE EVER team!

### Early Warning Signs of Orthodontic Problems

Some orthodontic problems may be easier to correct if treated early. Waiting until all the permanent teeth have come in, or until facial growth is nearly complete, may make correction of some problems more difficult. But...children and adults can both benefit from orthodontics, because healthy teeth can be moved at almost any age.



It is not unusual to begin orthodontic intervention if one or more of the following early warning signs is seen:

- Difficulty in chewing or biting
- Chronic mouth breathing

- Finger sucking or other oral habits that continue after 6 years of age
- Top front teeth that protrude
- Top front teeth cover more than 25% of the bottom teeth when biting
- Top front teeth go behind the bottom teeth when biting
- A space exists between top and bottom front teeth when biting
- Crowded, overlapped, misplaced teeth or extra teeth
- Teeth meet abnormally or don't meet at all
- Center of top and bottom teeth don't line up
- Teeth wearing unevenly
- Baby teeth falling out too early
- Jaw joints that click or are painful
- Jaws that shift off center when biting
- Speech difficulty
- Biting the cheek or roof of the mouth often
- Weak chin or a prominent chin
- Facial imbalance
- Jaws that protrude or recede
- Grinding or clenching of the teeth
- Embarrassing teeth or smile often hidden by hands

If you or your child has one or more of these early warning signs of orthodontic problems, see your dentist or orthodontist. The sooner you receive orthodontic intervention for these alignment problems, the sooner you can light up a room with your smile!

## Pediatric Dentistry

Regular dental check-ups help people of any age maintain good oral health and good overall health. Regular dental cleanings remove debris that build up on the teeth, irritate the gums and cause tooth decay. But the dentist that you see and the dental routine to which you're accustomed may frighten your young child. A pediatric dentist who has received special training in the care and treatment of young people may be a less intimidating choice for your child or adolescent.



In addition to the normal four-year dental school curriculum, a pediatric dentist receives two to three years of additional training in a specialized program of study and hands-on experience designed to teach the unique requirements of infants, children and adolescents, including those with special needs. In addition to teeth, mouth and jaw care, the goal of a pediatric dentist is to help his or her patients feel good about visiting the dentist and teach them how to care for their teeth.

The [American Academy of Pediatric Dentistry](#) recommends a dental check-up at least twice a year for most children. Your child's first dental visit should occur shortly after the first tooth erupts and no later than his/her first birthday. Even though your child's primary teeth are going to be replaced eventually with permanent ones, it's very important that primary teeth are kept healthy and in place until they are lost naturally. Your child's primary teeth are necessary for proper speech development and serve as a space-saver to help the permanent teeth grow into their proper places. Primary teeth also help your child chew properly and maintain the good nutrition that is so necessary for overall health. And the value of a bright and confident smile on your child's developing self-esteem cannot be estimated.

Regular visits to a pediatric dentist will provide an ongoing assessment of changes in your child's oral health. For example, your child may need additional fluoride, dietary changes, sealants or even orthodontic treatment if teeth aren't coming in as they should. Your pediatric dentist will be

educated in recognizing and treating these concerns and in the special needs of different age groups. With a very young child, for instance, a primary concern is 'baby bottle' or 'nursing' caries (tooth decay). For a child between the ages of two to four, thumb sucking may begin to cause problems. For adolescents, concerns become more centered on appearance, self-confidence and diet. Teens eat frequently and unhealthy snack foods tend to become a major part of their regular diet, requiring an excellent approach to preventative dental care.

No matter the age of your child, a pediatric dentist is trained to work with your child on his or her level, communicating with age-appropriate words, pictures and ideas. From their specially designed, kid-friendly offices to their communication style, a pediatric dentist's main concern is what is best for your child and in motivating your child to take responsibility for the health of her or his smile.

## Halloween Safety Tips For Kids

By [www.halloween-safety.com](http://www.halloween-safety.com)

Anytime a child has an accident, it's tragic. The last thing that you want to happen is for your child to be hurt on a holiday, it would forever live in the minds of the child and the family.



There are many ways to keep your child safe at Halloween, when they are more prone to accidents and injuries. The excitement of children and adults at this time of year sometimes makes them forget to be careful. Simple common sense can do a lot to stop any tragedies from happening.

- Help your child pick out or make a costume that will be safe. Make it fire proof, the eye holes should be large enough for good peripheral vision.
- If you set jack-o-lanterns on your porch with candles in them, make sure that they are far enough out of the way so that kids costumes won't accidentally be set on fire. Better still

use PumpkinLights.com to light pumpkins. They make a light that looks like a flickering candle flame!

- Make sure that if your child is carrying a prop, such as a scythe, butcher knife or a pitchfork, that the tips are smooth and flexible enough to not cause injury if fallen on.
- Kids always want to help with the pumpkin carving. Small children shouldn't be allowed to use a sharp knife to cut the top or the face. There are many kits available that come with tiny saws that work better than knives and are safer, although you can be cut by them as well. It's best to let the kids clean out the pumpkin and draw a face on it, which you can carve for them.
- Treating your kids to a spooky Halloween dinner will make them less likely to eat the candy they collect before you have a chance to check it for them.
- Teaching your kids basic everyday safety such as not getting into cars or talking to strangers, watching both ways before crossing streets and crossing when the lights tell you to, will help make them safer when they are out Trick or Treating.

Make Halloween a fun, safe and happy time for your kids and they'll carry on the tradition that you taught them to their own families some day!

For more on Halloween safety, see [www.halloween-safety.com](http://www.halloween-safety.com).

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You have received this newsletter because your email address is registered with Newport Orthodontics & Children's Dentistry