

A photograph of dental hygiene items including a toothbrush, a tube of toothpaste, and a container of dental floss, all set against a solid blue background. The items are slightly out of focus, creating a soft, professional aesthetic. The text is overlaid in the center of the image.

# Dentistry at MMI

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# A bit about me...

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- Born and raised in Nebraska
- University of Nebraska Medical Center—Dental school and pediatric residency
- Director of the Caring for Champions Clinic at Munroe-Meyer Institute (MMI)
- Director of Outreach at the College of Dentistry



# Why is oral health important?

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- Eating
- Talking
- Quality of Life
- Self-Esteem



# Establishing a Dental Home

- 1<sup>st</sup> dental visit by 1<sup>st</sup> birthday
- Dental visits every 6 months or sooner
- Pediatric Dentist or General Dentist?



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# What to do before a dental visit?

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- Positive talk about the dentist
- Books
- Tv shows
- Going with an older sibling





## What happens at a dental visit?

- Medical history
- Tooth cleaning
- X-rays
- Exam by the dentist
- Oral hygiene instruction
- Fluoride varnish
- Recommendations



# Home care

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- Brush for 2 minutes twice a day
  - Sing songs
  - Timer
  - Count
  - Make it fun!
- Floss once each day



# Use Toothpaste with Fluoride

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Under 3 years of age



Over 3 years of age



Four sneakers of different sizes and colors are arranged on a wooden floor. From left to right: a large grey sneaker, a small white sneaker, a medium white sneaker, and a large red sneaker. All sneakers have white laces and white rubber soles. The background is a blue gradient with a white wavy line.

# Oral Hygiene Assistance

Your child may need help brushing and flossing their teeth until they can tie shoes with laces





# Well Balanced Diet

- Balance of healthy foods and treats
- Minimal snacking
- Brushing is the final thing before bed
- Don't go to bed with a bottle or juice



# Dental findings you may see

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- Periodontal disease
- Gingivitis
- Delayed exfoliation of baby teeth
- Delayed eruption of adult teeth
- Missing or extra teeth
- Smaller teeth
- Bite problems





# Resources

- <https://www.aapd.org/resources/parent/>
- <http://www.nidcr.nih.gov/OralHealth/OralHealthInformation/SpecialNeeds>
- <https://www.scdaonline.org/>
- <https://www.ndss.org/resources/dental-issues-syndrome/>



# Questions?

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Come visit our clinic at MMI!  
Call MMI's PIO at 402-559-6418

