



#### A bit about me...

- 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?

- 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?





# What to do before a dental visit?

- 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

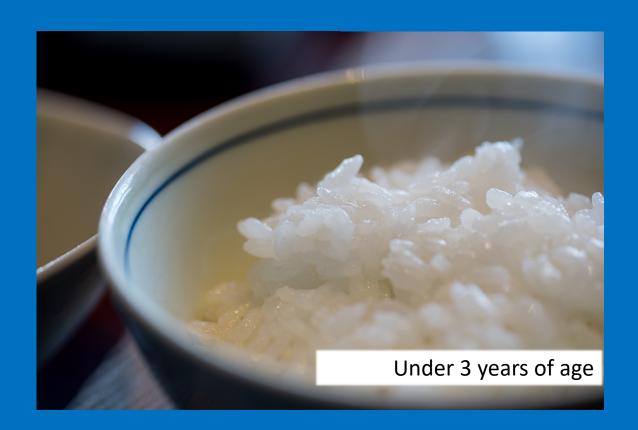
- Oral hygiene instruction
- Fluoride varnish
- Recommendations



#### Home care

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

#### Use Toothpaste with Fluoride







#### 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

- 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?

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

