

Check out these fun tooth fairy traditions to try in your home!

A visit from the tooth fairy can be a fun tradition to start once your child begins to lose his or her baby teeth. Here are a couple fun tooth fairy traditions we thought we'd share:

- Use a "tooth fairy dish" if your child is a light sleeper to leave the tooth by the child's bed at night for the tooth fairy.
- A sprinkling of fairy dust or glitter on the windowsill or leading up to the door shows where the tooth fairy flew in.
- Leave a note for the tooth fairy... she might write back in 3-point font on a tiny scroll tied with floss!
- The tooth fairy likes to give gold dollars for the cleanest and shiniest teeth because she uses them to build a big castle in the sky. It pays to brush every morning and night!
- Instead of money, some children might find a fun toothbrush featuring their favorite cartoon character who will help remind them to keep the rest of those little teeth healthy.
- Something unique, such as a \$2 bill or small toy is a fun way to commemorate that first tooth.



DID YOU KNOW?

TOOTH DECAY IS THE 'NUMBER ONE' CHRONIC INFECTIOUS DISEASE AFFECTING CHILDREN IN THE US.¹

DELAYING DENTAL CARE TO THE AGE OF 2 OR 3 CAN HAVE A NEGATIVE IMPACT ON A CHILD'S ORAL HEALTH. 40% OF PARENTS SURVEYED ARE DELAYING THEIR CHILD'S FIRST DENTAL VISIT UNTIL AFTER THE AGE OF 2.⁶

Can cavities be spread through saliva?



"Yes. Bacteria that causes cavities is contagious, and can be passed through saliva!"
Remember the number one way to prevent cavities is to brush each morning and night, and floss daily."

Joe Castellano, D.D.S.,
AAPD Secretary-Treasurer

You may already know that illnesses such as the flu and the common cold are contagious. But would you be surprised to hear that the bacteria that causes cavities is also contagious, and can be passed along through saliva? Please keep this in mind during your daily routine and avoid activities such as sharing a plate or blowing on your child's food in order to help prevent sharing saliva that might carry cavity-causing bacteria.

While it's important to be aware of this, remember, the number one way to prevent cavities is to brush and floss each morning and night. Don't forget to supervise your little ones during these daily dental routines until they are seven or eight years of age, or able to tie their own shoes, in order to ensure healthy little teeth.

5 NEW YEAR'S RESOLUTIONS to make THE MOST of our time WITH OUR KIDS



Do you have areas you would like to improve when it comes to you and your kids in the new year? We encourage you to jot down a list! Here's 5 we came up with!

1. **Do hands on activities with the kids** including more crafting and baking.
2. **Stop yelling!** Check out the 30 day 'no yell' challenge by Orange Rhino that focuses on less yelling and more love.
3. **Read to each of my kids** for 15 minutes every day.
4. **Spend one-on-one time with each kid** for 10-15 minutes every day.
5. **Make each of my kids belly laugh** every single day.
CREDIT GIVEN TO "HANDS ON AS WE GROW"

BY AGE 5, ABOUT 60% OF CHILDREN WILL BE AFFECTED BY TOOTH DECAY.³

AAPD RECOMMENDS TAKING A CHILD FOR THEIR FIRST DENTAL VISIT BY THE AGE OF 1.⁵

MORE THAN HALF OF PARENTS AND CAREGIVERS (53%) SURVEYED ARE NOT AWARE THAT PEDIATRIC DENTISTS HAVE 2-3 YEARS OF SPECIALIZED TRAINING BEYOND DENTAL SCHOOL.⁶

UPON LEARNING ABOUT ADDITIONAL TRAINING, NEARLY 100% ARE LIKELY TO SEEK OUT A PEDIATRIC DENTIST FOR THEIR CHILD.⁶

SUGAR COOKIE FRUIT PIZZA



You'll need:

- ♦ Your favorite sugar cookie recipe
- ♦ One 8oz package of cream cheese
- ♦ 1/4 to 1/2 C powered sugar
- ♦ 1/4 tsp vanilla extract
- ♦ Assorted fruits, washed and cut (we went with blueberries, strawberries and kiwi here)

Bake the cookies according to your recipe's instructions. Let them cool completely.

In an electric mixer, combine the cream cheese, powered sugar and vanilla extract. Mix until smooth.

Once cookies are cool, top them with the frosting and let your kids help decorate them with the fruit. Enjoy!



For more information, visit AAPD's consumer website at MYCHILDRENSTEETH.ORG or AAPD's professional website at AAPD.ORG.

AMERICA'S PEDIATRIC DENTISTS
THE BIG AUTHORITY on little teeth

¹ Centers for Disease Control and Prevention. Children's Oral Health. http://www.cdc.gov/OralHealth/children_adults/child.htm. Accessed Jan. 14, 2014.
² Dye B, Tan S, Smith V, et al. Trends in oral health status: United States, 1988-1994 and 1999-2004. Vital Health Stat. 2007;11(248):1-92. http://www.cdc.gov/nchs/data/series/sr_11/sr11_248.pdf.
³ US Department of Health and Human Services. Oral Health in America: A Report of the Surgeon General. Rockville, MD: US Department of Health and Human Services; National Institute of Dental and Craniofacial Research; National Institutes of Health, 2000.
⁴ Jackson SL, Vann WF Jr, Kotch JB, Pahel BT, Lee JY. Impact of poor oral health on children's school attendance and performance. Am J Public Health. 2011;101(11):1500-4. doi:10.2105/AJPH.2010.200915.
⁵ American Academy of Pediatric Dentistry. Frequently Asked Questions. <http://www.mychildrensteeth.org/education/faq/>. Accessed Jan. 14, 2014.
⁶ American Academy of Pediatric Dentistry Consumer Survey, October 2013.