



MID-MICHIGAN DISTRICT HEALTH DEPARTMENT

Your public health team, connecting with our communities to achieve healthier outcomes

Submitted by: Leslie Kinnee, Public Information Officer
615 N. State St., Stanton, MI 48888-9702
989-831-3669, kinnee@mmdhd.org

www.mmdhd.org



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Help your child avoid monster mouth

Ithaca, Stanton, St. Johns- Mid-Michigan District Health Department, Michigan Community Dental Clinics and local dentists urge children to defeat the plaque monster.

Good oral health habits should begin with a visit to the dentist after a child's first tooth erupts or before their first birthday. This creates a positive experience and establishes a dental home before problems arise. Daily brushing and flossing and regular check-ups are the keys to healthy teeth and gums. Additional tips to keep your young child's mouth healthy include:

- Avoid filling bottles with liquids like sugar water, juice or soft drinks.
- Infants should finish their bottles before going to bed.
- If your child uses a pacifier, don't dip it in sugar or honey.
- Encourage children to drink from a cup by their first birthday
- Discourage frequent or prolonged use of sippy cups.
- Serve a balanced diet, nutritious snacks and limit sweets.

Older children should follow the same rules of regular brushing, flossing, dental visits and eating a balanced diet, and avoiding sugary beverages like juice and soft drinks. Sugars and starches encourage the production of plaque, which can attack tooth enamel. And it's not just the sugar in soft drinks that decays teeth; it's the acid too.

The Montcalm Area Dental Clinic in Sidney and the Community-Based Dental Clinic in St. Johns are accepting new patients and focus on serving those enrolled in Medicaid and low-income uninsured. For more information or to schedule an appointment please call 1-877-313-6232.

Mid-Michigan District Health Department serves the residents of Clinton, Gratiot and Montcalm Counties.

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