



MONTHLY BUILDING BLOCKS

FEBRUARY 2021

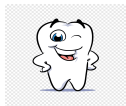
FOCUS:
Dental health
Burn Awareness
Show your love



Announcements

- Covid testing for patients and their legal guardians are available
- We are doing Telemedicine visits, Curbside visits, Well Checks
- Flu vaccines still available, call for details
- Please complete all forms on the patient portal prior to arrival
- New****Dental fluoride varnish applied from 9 months to 5 years old at well visits

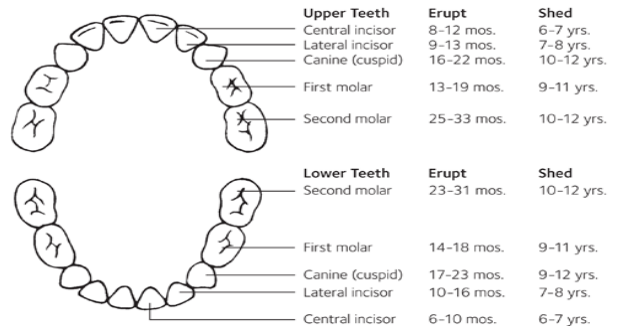
Dental health



Good oral health habits

- Establish your dentist by 12 months old
- Choose colorful size appropriate toothbrushes

- Brush twice daily when first tooth erupts with assistance from parent until 8 years old for 2 minutes
- Use child friendly fluoride toothpaste
 - Rice grain amount until 3 years old
 - Pea size amount after 3 years old
- Start flossing at 3 years old
- Fluoride supplements if your water is not fluoride containing
- Limit sugary foods and drinks. Soda, candy and juice which fuel germs and can erode enamel, causing cavities.
- Rinse or brush after sugary foods/drinks
- No bottle of milk before bedtime
- Fluoride varnish to protect the enamel can be applied every 3 months by your dentist or here



Burn Prevention

Keep your home safe

- It only takes an instant for a child to get seriously burned
- Set your water heater at a comfortable temperature, but not higher than 120 degrees Fahrenheit
- Keep the kitchen safe from hot liquids on the stove, hot tea/coffee to avoid hot spills
- Keep lighters/matches away from children
- Test food temperature before feeding young children
- Choose fire resistant clothes
- Glass fronted gas fireplace doors get extremely hot. Use safety barriers and keep a close watch on kids around them
- Keep all electrical cords out of reach of children
- Put out campfires and wood completely with water
- Give hugs first when they are upset
- Let them know you are listening
- Use positive, non-violent discipline
 - consistent rules
 - give praise not just punishment when they don't
 - calmly explain consequences and follow through right away when rules are broken
 - Forgive mistakes
- Foster friendships
- **No limit on saying I LOVE YOU!!**

*Source -

American Academy of Pediatrics
Centers for Disease Control and Prevention
HealthyChildren.org

Love Everyday

Ways to show your child love

- Use positive encouraging words. Please/thank you
- Family activities and put the screen away
- Read together
- Cook together
- Ask them how their day is going

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YELP AND JOIN US ON
FACEBOOK!!**