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HEALTHY VIBE

STRONG AND SMART

Ask the dentist ...

GOT A DENTAL QUESTION YOU WANT ANSWERED? ASK DR GLEN ...



Q WHY DO MY KIDS TEETH LOOK LIKE THIS?

A This child's teeth have decayed. Perhaps he or she continued to drink from a bottle after their baby teeth had come through. Every time we eat or drink, the bacteria that live in our mouth change the sugar in food into acid. This acid attacks the teeth.

Fortunately, saliva has the ability to repair the damage caused by this acid. This can only happen if there is enough of a gap between meals for saliva to repair the teeth. The biggest problem with bottles is that a having a drink, which should take a minute, can take over an hour.

If bottles are given too often during the day, baby teeth don't have time to repair and they simply crumble away. Also, when bottles are given to help babies fall asleep, the sugar will stay in the baby's mouth while they sleep and the teeth will decay.

You need to see a dentist to treat your child's teeth before they cause problems. Remember, if you don't

change what is happening in your child's mouth, the same process that has destroyed the baby teeth will also destroy the adult teeth that will follow.

There are three simple things you can do to prevent baby teeth from decaying.

- 1. Stop using bottles and sipper cups as soon as your child's baby teeth appear.** Encourage your young children to drink from a cup, which will cut down the amount of time that sugar stays in the mouth.
- 2. Keep baby teeth clean.** Cleaning away plaque (the film that builds up on teeth) will reduce the bacteria that make acid. Use a small brush and fluoride toothpaste, as this makes teeth strong.
- 3. Give only water between meals and before bed.** Water will never cause tooth decay. Anything other than water, such as milk, formula, juice, soft drink, cordial, can cause decay.

– Dr Glen Hughes,
Dentist, Casino Aboriginal Medical Service.

For urgent dental or health questions, visit your local dentist, doctor or Aboriginal Medical Service. Send general health questions to Ask the doctor/dentist, Deadly Vibe magazine, PO Box 810, Darlinghurst NSW 2010 or email info@vibe.com.au.

WHY DO I NEED AN AMS?

HEALTH HELP

Don't be shame. Visit your local AMS if you have a health problem you need to discuss.

Run by your community for your community, your Aboriginal Medical Service offers you culturally sensitive treatment from your own mob and access to the health care you need. So if you want to live a healthier, happier life, visit your community-controlled AMS today.

To find out where your nearest AMS is call Vibe Australia on 1800 623 430.

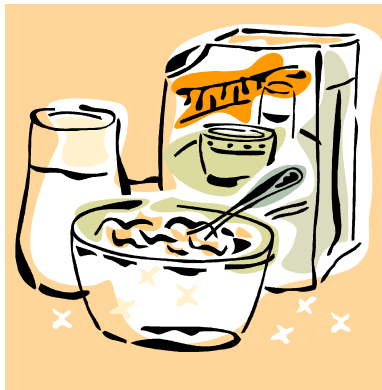


STOCK: GLEN HUGHES

VIBE SCHOOL

Issue 157
Years K-1

MY NAME



Remember to brush your teeth after eating.
This will help to keep them strong and healthy.

ACTIVITY 1

Do you brush your teeth after every meal?

Draw a picture of your strong healthy smile.

A large empty rectangular box with a black border, intended for a drawing.

ACTIVITY 2 READING A SENTENCE.

Remember to brush your teeth after eating.

Cut the sentence into its words.

Remember	to	brush	your	teeth	after	eating.
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Mix the words up and match them with the words in the sentence.

ACTIVITY 3 SPELLING

Cut the word **brush** into its letter patterns.

Mix them up and put them back together.

br	ush
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Practise writing brush three times.

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VIBE SCHOOL

Issue 157
Years K-1

Cut the word **teeth** into its letter patterns.

Mix them up and put them back together.

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Practise writing teeth three times.

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Cut the word eating into its letter patterns.

Mix them up and put them back together.

eat	ing
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Practise writing eating three times.

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ACTIVITY 4 WRITING A SENTENCE.

Fill in the words in the sentence below.



Remember to _____ your _____ after _____.