

ROSALIE'S NEIGHBORHOOD:

Let's Smile!

A Book about Dental Health





Rosalie Stevens,
husband, and
granddaughter,
Alisha

Felicia Gonzalez,
Luis, and Carlos

Ginny, Maggie, and
Donny McMillan

INTRODUCTION

Hi. I'm Rosalie. I'm a grandmother and am raising my granddaughter Alisha. We live in a great neighborhood and have made friends with other families here. There's Felicia and her two boys, Carlos and Luis. She's expecting a baby in a few months. And, there's Ginny and her little ones, Donny and baby Maggie. We spend lots of time together sharing everything we are learning about keeping our little ones healthy. Join us as we learn together about how to care for children's teeth, what to do when there's an injury to the teeth and mouth, what to do for a toothache, how thumb sucking can affect permanent teeth, and what to expect from a trip to a pediatric dentist.

WORD WALL

clinic—a place where people can be seen and treated by health care workers, such as a doctor or nurse

dental—having to do with the teeth

oral health—health of the teeth, gums, and mouth

Chapter 1

Maggie's New Tooth

Rosalie Stevens smiled at the photograph on her desk as she left her job at the health **clinic**. Her husband, Robert, and their granddaughter, Alisha, smiled back from the picture. Alisha would start kindergarten in a few months. “Children grow as fast as weeds!” she thought.

Rosalie got off the bus and thought about what she would make for dinner. First, she had to pick up Alisha at her friend Ginny McMillan’s apartment. It was a great arrangement. Alisha stayed with Ginny while Rosalie

was at work. Alisha loved to play with Ginny’s two children, Donny and Maggie.

Rosalie heard shouts as she got closer to Ginny’s door and wondered what was happening. Ginny came to the door carrying Maggie. “A tooth! She finally has a tooth!” Rosalie laughed and could see the relief on Ginny’s face.

Rosalie said, “Moms always are excited about things that happen to their kids for the first time. Let’s see this brand new beautiful tooth!”

Maggie's New Tooth



Ginny gently lowered Maggie's lower lip and said, "There it is! It looks so little in her mouth." Rosalie laughed, "Now that she has this new tooth, I wonder if she should go to the dentist."

Ginny looked puzzled. "I'm not sure. I guess I need to find out about caring for Maggie's teeth. Rosalie, you helped me learn more about health care. Where do you think I should go to find out about dental care?"



Rosalie thought for a moment. "The clinic knows about dental care, caring for teeth. You can ask them when you take Maggie for her next check-up." "She has an appointment for next Friday. Do you think it's okay to wait until then?" Ginny asked.

"I am sure it will be fine. When you get home, I want to hear all about it. Let's get together next Friday afternoon after I get home from work. We could invite Felicia to come and bring Carlos and Luis to play with our kids," Rosalie said.

"That's a great idea. I'll call Felicia and ask her to come." Ginny smiled. She felt better now that she had a plan. Rosalie, Felicia Gonzalez, and Ginny had become good friends learning about their children's health care together. Maybe it was time to learn about **oral health** for their children.

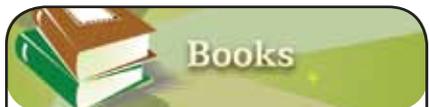
"Well, I need to get home to make dinner for Alisha and Robert. Thank you for showing me your new tooth," Rosalie said. She patted Maggie on the head and waved good-bye to Ginny.

Rosalie and Alisha talked as they walked home. Alisha was excited about Maggie's new tooth. And she jumped for joy that she would have a chance to play with Donny, Carlos, and Luis on Friday.



Oral health contributes to general health.

Early care for new teeth is important.



ABC Dentist: Healthy Teeth from A to Z by Harriet Ziefert

Madlenka by Peter Sis

WORD WALL

pediatrics—the care and treatment of babies and young children

pediatrician—a doctor who takes care of babies and young children

health log—a written record of important things that happen about a person's health

aggressive—quick to start a fight

behavior—ways that people act

Chapter 2

Caring for Baby's Teeth

Friday afternoon came quickly. Rosalie and Felicia arrived at Ginny's house with their children. Everyone was excited to see Maggie's new tooth and to hear about her visit to the clinic. The children played in the backyard and Ginny, Felicia, and Rosalie watched from the porch. Rosalie asked, "Did Dr. Green help you find information about a dentist?"

"He referred us to the **pediatric** dental clinic at

the hospital. We have an appointment to see the dentist next week. I'm not sure what pediatric means. Do you know?" Ginny asked.

"I know the word from my job at the clinic. It has to do with children. Children go to a **pediatrician**—a doctor trained to take care of children," said Rosalie. "So a pediatric dental clinic must be a clinic that takes care of children's teeth. I'm sure that's right."



Ginny continued, “Dr. Green said I should start cleaning Maggie’s mouth and her new tooth after she eats. He said I should clean her gums and teeth with a soft cloth. As soon as the first tooth comes through, I should begin to brush her teeth with a special, soft toothbrush made for children.”

“I know that toothbrushes come in adult and children’s sizes. But, aren’t they all soft?” Felicia asked. “I didn’t know

about taking care of my boys’ teeth when they were babies. Now I wish I had. But I’ll be able to do a better job with this little one,” Felicia smiled and patted her pregnant belly.

“Don’t blame yourself for things you didn’t know, Felicia! We are all learning new things every day. When Ginny goes to the dentist, she can find out what we should do for our children’s teeth,” Rosalie said.

Caring for Baby's Teeth



Ginny remembered something else. “Dr. Green suggested that I write information about Maggie’s teeth in her health log. That way I will remember what to tell or ask the dentist. I never thought of using the health logs we started for our children to keep information on their teeth, too. I started by writing the phone number of the dental clinic in the log. I also wrote the date that I saw Maggie’s first tooth. I think I will write the question about the toothbrushes so I don’t forget to ask. I also

need to check with the dentist about insurance. I hope they will be able to help me.”

“May I see how you write the information?” asked Felicia. “Then I can do the same for my boys and my new little one.”

Ginny finished writing the new information in the health log while Felicia watched. They talked about the visit to the dentist, insurance, and all the new information they would learn. The children were playing tag in the yard, and suddenly they heard shouts and crying.

Rosalie, Ginny and Felicia ran to see what was wrong. Alisha lay on the ground crying, and Carlos looked upset. "What happened?" Felicia shouted.

Donny cried, "Carlos was pu-pu-pushing us hard when he tagged us and he pushed Alisha down. Uh...Uh...I th-th-think she hit her mouth."

Felicia looked upset and said, "Carlos why did you do that?"

Rosalie bent to pick Alisha up and to check her mouth. "Thank goodness!" she sighed. "Her teeth seem to be all right but her lip is bleeding."

"Felicia, do you worry about Carlos when he acts this way?"

Ginny wondered.

Felicia said, "I talked to the doctor about it. I write about it in his **health log** every time he's aggressive. The doctor said it would help them find a reason for his **behavior**."

Ginny asked, "Is he okay?"

"He's okay. Juan and I talk a lot about how we can help him. He's a little wild, but he's not mean." Felicia said.

Rosalie stood up, took Alisha's hand and said, "I think we had better get you home and rinse this off." Rosalie and Alisha headed next door while Felicia and Ginny tried to calm everyone down.



KEY Concepts

Early care is important for new teeth.

Health logs are important.



Books

Brushing My Teeth! by DK Publishing

Toot and Puddle: Charming Opal by Holly Hobbie

WORD WALL

baby bottle tooth decay and nursing bottle mouth—tooth decay that comes from putting a baby to bed with a bottle with something in it other than water

decay—rot

pacifier—something made for a baby or young child to suck on, usually for comfort

cavity—a hole (also means a hole in the tooth)

primary teeth—sometimes called ‘baby teeth’; teeth that come in before the permanent teeth, usually between the ages of a few months and two years

preventive—to stop from happening ahead of time

Chapter 3

Maggie’s Visit to the Dentist

Rosalie and Alisha were sitting on the front porch having a snack. Ginny, Donny, and Maggie arrived home from their visit to the dentist.

Rosalie asked, “How was your visit with the dentist?”

Donny smiled and said, “La-la-look! I got a new tooth-

brush and I got a sticker for being good.” Rosalie listened as Donny told her about sitting in the dental chair and looking in the mirror at his clean teeth. When he had finished his story, Rosalie turned to Ginny.

“Wow, it sounds like you had a great visit!” Rosalie exclaimed.

Maggie's Visit to the Dentist

Ginny said, "I have so much information for us to talk about. Why don't you and Alisha come inside for a cool drink?"

"That's a great idea. Shall we call Felicia and invite her to come over?" asked Rosalie.

"Yes, let's see if she and the boys can come over right away." Ginny went into the house and called Felicia. Soon the three friends were talking at the table as the children watched a video.

Ginny got out the information and started to tell the others about her visit to the dentist. "Dr. Lopez was wonderful with Donny and Maggie. She gave me a lot of really great information. Did you know that doctors recommend that you never put anything in a baby's bottle but milk, formula, or water? She also said you should never put a baby to bed with a bottle."



Maggie's Visit to the Dentist

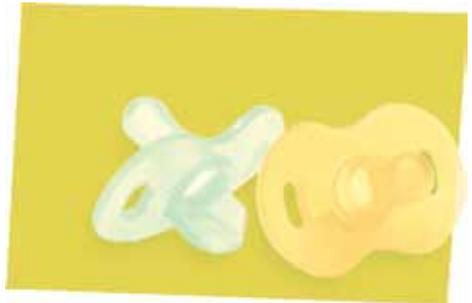
Rosalie asked, "Why? I used to let Alisha take her bottle to bed all the time when she was little."

Ginny checked her information and said, "It can cause **baby bottle tooth decay** or **nursing bottle mouth**."

Rosalie sighed, "That doesn't sound good."

"It's not good. It's **tooth decay**. Young children get tooth

decay when they sleep with a bottle of formula, milk, sugary juices, soda, or sugar water. All of those have sugar in them. Dr. Lopez said that you shouldn't give babies **pacifiers** dipped in any sugary substance, either. The sugar causes tooth decay. It can cause cavities to form in their teeth," Ginny said. "Also, Dr. Lopez said toddlers shouldn't walk around carrying sippy cups filled with sugary liquids."



Maggie's Visit to the Dentist



“I will need to remember not to do that with the new baby. Can the dentist do anything about the cavities?” Felicia inquired.

“As long as cavities aren’t too bad, Dr. Lopez can fill them. Dr. Lopez said that age one or when the first tooth comes in is the recommended age for a child’s first visit to the dentist. They should have their teeth examined and cleaned by the dentist once a year unless the

dentist thinks it should be more often. We should also check for white spots on their teeth near the gums. White spots are early decay that can be reversed. We can prevent cavities by cleaning our children’s teeth and gums. But, if they do get a **cavity**, the dentist should take care of it right away, before the decay gets too bad,” Ginny said.

Felicia looked surprised. “You’re kidding! Neither of my kids have had their teeth

Maggie's Visit to the Dentist

cleaned and Luis is five and Carlos is six years old. All they have are baby teeth.”

“The dentist called them something else. Let me think... oh yes, she called them **primary teeth**. I’m learning that it’s more important than I thought to take care of those primary teeth! Dr. Lopez said that dentists want to prevent children from having trouble with their teeth later. That’s **preventive** dental care. It’s the same thing as preventive health care but for your teeth.

There is so much to learn,” Ginny sighed.

“I’ve learned that it is really important for us to take care of our children’s teeth and gums to prevent cavities. What we do to care for our children’s teeth is the most important part of their dental health. Well, I guess I need to make appointments for both of my boys so they won’t have problems with their teeth,” Felicia said.

Rosalie added, “I will need to make an appointment for Alisha, too.”



KEY Concepts

Dentist appointments should start when children are very young.

Sugary drinks and food can cause tooth decay.

Preventive care is important.



Books

Food for Healthy Teeth
by Helen Frost

Snacks for Healthy Teeth
by Mari C. Schuh

WORD WALL

permanent teeth—teeth that begin to replace primary (baby) teeth around the age of six

pressure—the force of one thing pressing on another

habit—something a person does often without thinking about it

Chapter 4

Luis Visits the Dentist

A few days later, Felicia and Luis knocked on Ginny's door.

"Come on in. Rosalie is here, too," Ginny said.

"Hi, Rosalie," Felicia said.

Felicia smiled. "I have some news. Luis and I have just been to the dentist. I made an appointment to find out about his thumb sucking."

Rosalie and Ginny nodded.

"The dentist was very nice. Her name is Dr. Lopez," Felicia continued.

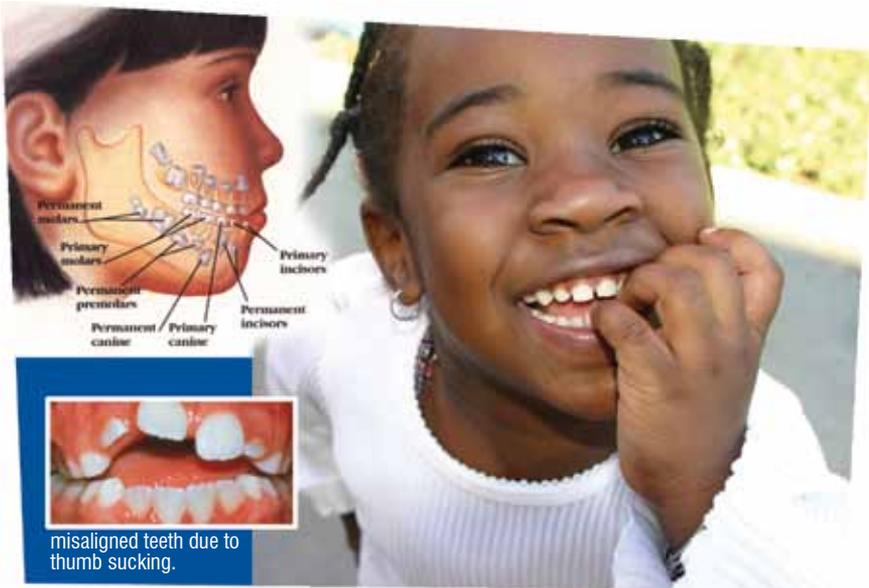
"Dr. Lopez took care of Maggie also. She's very gentle," Ginny said.

"Yes, she is. Dr. Lopez said it's normal for babies to suck. It comforts them. It's normal for young children, too. Many children suck their thumbs or fingers until they are three or four years old."

"But, Luis is five, isn't he?" asked Rosalie.

"Yes," replied Felicia. The dentist said that the thumb

Luis Visits the Dentist



sucking habit needs to be broken, the sooner the better, by the time children are two or three years old.” It should stop before the **permanent teeth** start to come in.”

“When does that happen?” asked Ginny.

“Most children start to get permanent teeth when they are five or six years old,” Felicia replied. “Carlos is six now. So, he should start losing his baby

teeth. I mean primary teeth!”

“So, do you have to worry about Luis’s thumb sucking now?”

“Yes, the pediatrician at the clinic first noticed that Luis’s teeth don’t line up correctly. He suggested for us to go see the dentist. Dr. Lopez agreed with the doctor. Sucking his thumb is affecting Luis’s teeth. She said he probably sucks his thumb often and with a lot of **pressure**.”

“Now, what can you do to stop it?” asked Rosalie.

“Dr. Lopez told Luis that sucking his thumb was hurting his teeth,” Felicia replied. “She asked him to try to stop sucking it. Later, she told me that she didn’t expect him to stop just because she asked him. She said that Luis might stop sucking his thumb on his own when he goes to kindergarten and he is around other children. Dr. Lopez knows how children can be!”

Rosalie and Ginny laughed. Rosalie asked, “What if he can’t break the **habit** by the time he’s six or seven?”

“Dr. Lopez said that children start to depend on putting their thumb—or fingers, or whatever—in their mouths. It makes them feel safe. It is a hard habit to break!” Felicia replied. “I will have to be firm with him. I don’t think Luis even knows he’s sucking his thumb most of the time. So, I’ll try reminding him whenever he does it. Maybe that will help.”

“That will get his attention, at least,” Rosalie said.

“If you want us to, we’ll remind him, too, Felicia,” offered Ginny.

“Oh, thank you! I’m sure we can help Luis stop sucking his thumb if we work on it together!”



KEY Concepts

Thumb sucking can cause damage to teeth.



Books

Dear Tooth Fairy by Alan Durant

Make Your Way for Tooth Decay by Bobbi Katz

WORD WALL

swollen—bigger than normal

rinse—to wash lightly

gauze pad—a clean, loosely woven piece of cloth that is used for medical purposes

Chapter 5

Alisha has a Toothache

Rosalie stopped at Ginny's house to get Alisha when she got home from work.

Ginny said, "Alisha isn't feeling too well. She says she has a toothache. It must hurt. She's been cranky all day."

"Oh, dear! I wonder what started that?" worried Rosalie.

Alisha came into the room dragging her teddy bear. "One side of her face looks a little **swollen**, doesn't it?" asked Ginny.

"Hmm. Yes, it does. I guess we'd better get you home."

Rosalie hugged Alisha. "We'll put a hot cloth on that jaw. Okay?"

"Wait a minute!" Ginny said suddenly. "I don't think you should put heat on it."

"Why not?" asked Rosalie. "I've always used a hot cloth for a toothache."

"I'm sure I saw something about that in one of the papers Dr. Lopez gave me." Ginny picked up a folder. "I'm keeping information from the dentist in this folder."

“That’s a good idea.”

“Here’s the information on toothaches,” Ginny said. “Look here, Rosalie. Don’t rub aspirin on the child’s gums and don’t apply heat.”

“I see. Well, I knew that aspirin wouldn’t be a good idea,” Rosalie said. “But, I’m surprised about the heat. What should I do?”

“Let’s see. First have Alisha **rinse** her mouth with cold water.

Next put ice in a **gauze pad** or a clean cloth.

Hold that on the area until the pain dies down. You should make an appointment for her to see the dentist, too.”



TOOTHACHE DO'S

DO rinse mouth

DO put ice in gauze
pad on sore area

DO call your dentist

TOOTHACHE DON'T'S

DON'T give any type of
aspirin to a child

DON'T use heat

Alisha has a Toothache



“Isn’t this something!” said Rosalie. “It seems like all our children suddenly have to see the dentist. First, Maggie gets her first tooth. Then Luis goes to the dentist about his thumb sucking. Now, you tell me that Alisha should see the dentist about her toothache.”

“It’s always something with children, isn’t it?” laughed Ginny. “Just think about all we’re learning about our children’s teeth!”

“Well, I think we’ve learned enough for a couple of weeks!” Rosalie laughed, too.



Caregivers and dentists can take care of toothaches.



Doctor De Soto by William Steig
George Washington’s Teeth by Deborah Chandra

WORD WALL

x-rays – a kind of light that goes through something solid; used to take pictures of the inside of the body

fluoride treatment – a special solution to put on the teeth so that they are strong and won't decay

fluoride drops – prescribed for children and adults whose homes have water that is not fluoridated (already has fluoride added).

enamel – the hard, white protective covering of the tooth

flossing – using a special string, called floss, to clean between the teeth

sealants – a thin, plastic coating put on the back teeth (molars) to protect them from decay

molars – the twelve larger back teeth used for grinding food; there are three on each side of an adult's top and lower jaw

Chapter 6

What Happens During A Dental Check-Up?

Two weeks later, the three friends were sitting in Rosalie's kitchen. Rosalie said, "You know, I had never been to the pediatric dental clinic. Now I've been there three times for Alisha.

First for her toothache, then to get her teeth cleaned, and then to get cavities filled."

"I've taken both Carlos and Luis to the dentist," Felicia added.

What Happens During A Dental Check-Up?



“And, I’ve been there with Maggie and Donny, too.” Ginny said.

Rosalie said, “I don’t know how you feel, but I’ve learned a lot. I always felt proud that I knew about health care. But, I wasn’t thinking about dental care.”

“There’s so much new information! Dr. Lopez even talked with me about how important it is for me to eat healthy foods and take my vitamins while I’m pregnant,” Felicia added.

Ginny thought for a moment and said, “It is so important. But I’m curious, did your children

have [x-rays](#) taken? Dr. Lopez didn’t take any of Donny’s mouth. I forgot to ask her about that.”

“She took x-rays of Alisha’s mouth. That was because Alisha had a toothache. Also, she had cavities from that baby bottle decay,” Rosalie replied. “Dr. Lopez said she takes x-rays only if she really needs them.”

Felicia said, “The dentist asked me questions about Carlos’s and Luis’s overall health. Not all of the questions were about teeth. She said the information helps her figure out if the children have healthy teeth. Does that sound right?”

What Happens During A Dental Check-Up?

“Yes, Dr. Lopez asked me questions, too. It reminded me of the questions that doctors ask when they take your medical history. The information helps them figure out how to help you stay healthy,” Rosalie said.

“Did Alisha get a **fluoride treatment**?” asked Felicia.

“Yes. First, Dr. Lopez examined Alisha’s teeth and gums. She looked at her jaw, too.” Rosalie added. “Then, she cleaned and polished Alisha’s teeth. Last of all she gave her a fluoride treatment.”

Active Ingredients:

Sodium Fluoride 0.24% (0.14% W/V Fluoride Ion)

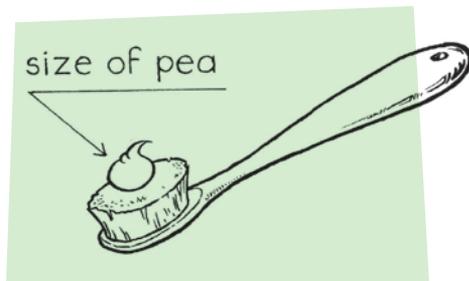
Triclosan 0.30%

Uses:

Aids in the prevention of: cavities • plaque • gingivitis. Antiplaque

Warning:

“Both of my boys like the toothpaste that Dr. Lopez gave them to use at home. It has

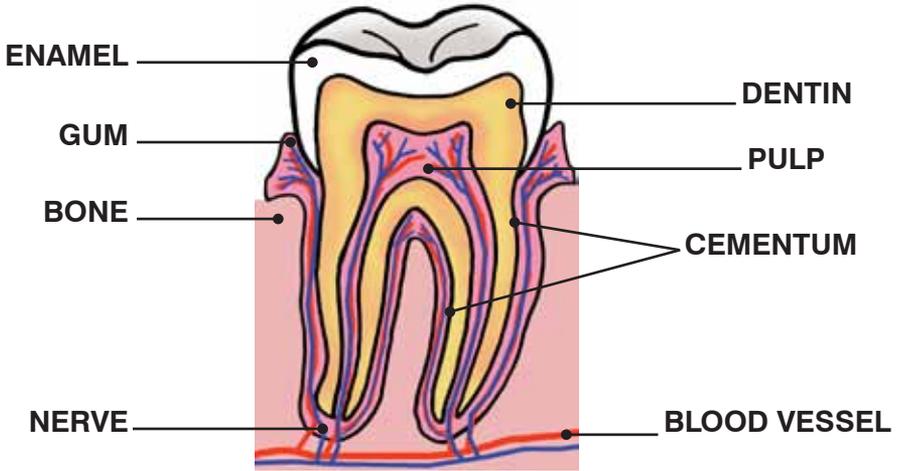


fluoride in it.” Felicia added.

“The dentist said that fluoride keeps teeth strong and prevents cavities.”

Ginny agreed. “Dr. Lopez told me to buy fluoride toothpaste. She said Donny is old enough to spit the toothpaste out. Dr. Lopez showed him how to put a little glob the size of a pea on his toothbrush so he knows exactly how much to use, and the dentist said I should supervise him when he brushes his teeth, until he’s about six or seven. But I shouldn’t use fluoride toothpaste for Maggie because she is too young and she might swallow it. They can get too much fluoride that way.”

What Happens During A Dental Check-Up?



“We’re lucky because the dentist also said that our tap water has fluoride in it. We would need to give the children **fluoride drops** or tablets if we didn’t have it in the water. Dr. Lopez said that fluoride is one of the best ways to prevent tooth decay because it strengthens the tooth **enamel**,” Rosalie added.

“Dr. Lopez also showed us how to **floss** our teeth,” said Felicia. “Did she do that for you, too?”

Ginny said, “Dr. Lopez told me to help floss their teeth until they are eight or nine years old. They need to floss between the teeth that touch one another.”

Felicia said, “I guess I’m going to have to start flossing my own teeth. Dr. Lopez said I should try to set a good example.”

“She’s right about that. It’s not easy to change our own habits. We have to try, though. It helps us and our children stay healthy.”

What Happens During A Dental Check-Up?



Felicia asked, “Did Dr. Lopez talk with you about **sealants**?”

Rosalie looked perplexed, “I don’t remember. What is that?”

“Dr. Lopez told me that when Carlos gets his permanent molars we will need to put sealant on them. Sealant is another way to protect the little grooves and cracks in the

chewing surface of the **molars** where your toothbrush can’t reach.” Felicia smiled, “Carlos will get his first molars any time now because they come in around age six. Permanent molars are very important teeth that should last a lifetime.”

Rosalie said, “Wow, we really know a lot about taking care of teeth now.”



KEY Concepts

Fluoride prevents tooth decay.

Flossing cleans between the teeth.

Sealants protect molars.



Books

Going to the Dentist by DK Publishing

Show Me Your Smile! A Visit to the Dentist (Dora the Explorer) by Christine Ricci

WORD WALL

mouth injuries—harm or damage done to a person’s mouth

aspirin substitute—pain medication given instead of aspirin

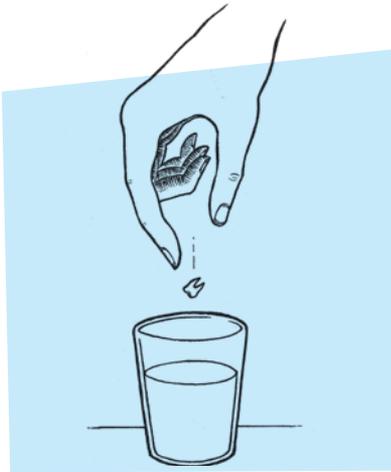
Reye’s Syndrome—an illness that may be caused by giving aspirin to a child who had the flu or chicken pox

clotting—forming into a thick lump

soft tissue—in the mouth, this includes tongue, cheeks, gums, and lips

Chapter 7

Dental Emergencies



Rosalie added, “I also talked with Dr. Lopez about what to do for mouth **injuries**. I was a little frightened a few weeks

ago when Alisha fell and hurt her mouth. I wasn’t sure what to do about it. Dr. Lopez said that we should call the dentist right away if our children injure their teeth or mouth. Did you know that if a child’s tooth is knocked out you should put it in milk and bring it with you to the dentist?”

“I didn’t know that. What else did she tell you about mouth injuries?” asked Ginny.

“Dr. Lopez said it would be important to keep the mouth clean. You can use water to rinse the mouth so you can check on the injury. Dr. Lopez also said if Alisha seemed to be in pain, I could give her an aspirin substitute. Do you remember why you shouldn’t give children aspirin?”



Ginny answered. “I remember. It might cause a condition called **Reye’s Syndrome**.”

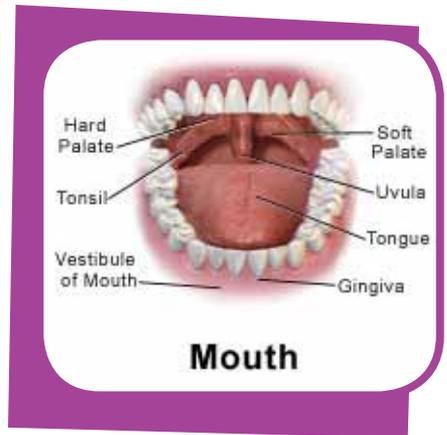
Rosalie replied, “Dr. Lopez agreed, but she gave me another

reason. Want to know what it is?”

“Maybe we can guess, but you tell us,” Ginny and Felicia laughed.

“Aspirin can keep blood from **clotting**. You want the mouth to stop bleeding, so no aspirin!”

“I didn’t think of that reason when we were talking about not giving aspirin for a toothache.” Ginny added.



“Dr. Lopez said the **soft tissue** in the mouth heals quickly. Isn’t that something?” Rosalie said.

Dental Emergencies

“It sure is! It is good to know what to do before an emergency happens. It sounds like Dr. Lopez gave you lots of information.”

“Did you make an appointment to take the children back for a check-up in six months?” asked Rosalie. “I made the appointment for Alisha before we left the clinic. I also asked the dentist where I should go to have my teeth cleaned. She gave me the name of a dental clinic in the same building. I have an appointment to get my teeth cleaned and checked on Wednesday.”

“I made appointments for Carlos and Luis. How about you Ginny?”

“I made appointments, too. Rosalie, you said the library has books for children about going to the doctor. Do they have books for kids about going to the dentist? It would be fun to read about the dentist before we go.”

“I’m sure they do. Let’s go to the library. We can look for the books. And, the children can pick out other books they want to borrow.”



KEY Concepts

Caregivers can help with dental emergencies.

Use aspirin substitutes.



Books

How Many Teeth? by Paul Showers

Open Wide: Tooth School Inside by Laurie Keller

WORD WALL

health log—a written record of important things that happen about a person’s health

abrasion—wearing down of tooth structure

Chapter 8

How Can I Help Take Care Of My Children’s Teeth?

Two weeks later, Ginny and Felicia knocked on Rosalie’s door.

“Hi Rosalie! We’re taking the books back to the library. Do you and Alisha want to join us?” Ginny asked.

“I’d love to! Can we wait for a few minutes?” asked Rosalie. “I was just starting to write a page in Alisha’s health log. I am adding information about her dental health, too.”

“What are you writing?” asked Felicia.

“I’m writing about her cavities, getting her teeth cleaned, and having a fluoride treatment.” Rosalie added, “I can’t remember when she got her first teeth. How have you been doing with taking care of the children’s teeth? It’s hard to get into a new routine, but we are working on it!”

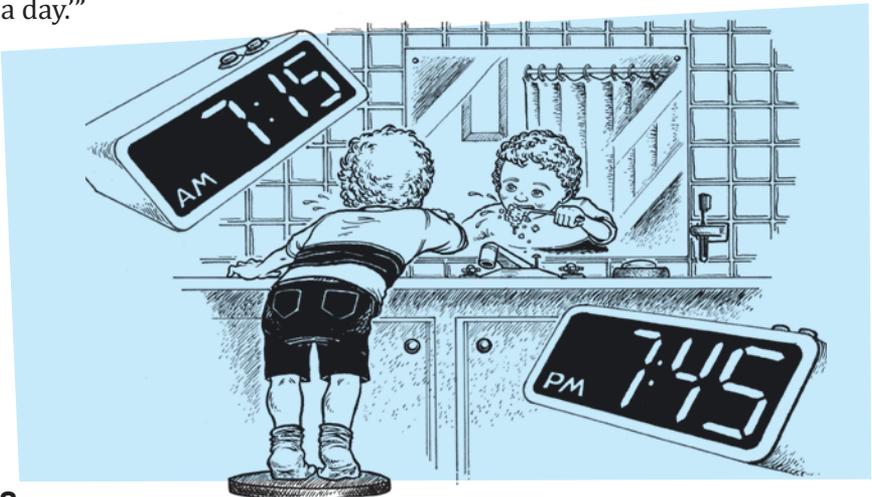
How Can I Help Take Care Of My Children's Teeth?

"We are working on it, too. Donny is starting to remind me that he and Maggie need to brush their teeth before they go to bed," Ginny laughed. "He really likes to brush his teeth. I let him buy a special toothbrush. We use a two-minute timer to make sure they are brushing long enough."

Felicia said, "Oh, yes. My boys enjoyed buying toothbrushes, too. Carlos likes to remind me about brushing our teeth. He shakes his finger and says, 'Brush your teeth twice a day.'"

"We're supposed to have them brush their teeth after they have sweet snacks, too," added Ginny. "Dr. Lopez said that you should wait 30 minutes after you eat or drink before brushing. Otherwise, acid from the food can cause **abrasion** when you brush. I'm also trying to cut down on the sweets. I've been buying more fruits and vegetables."

"I've been buying plain yogurt. Luckily, Alisha likes it, and it's a healthy snack, too," said Rosalie.



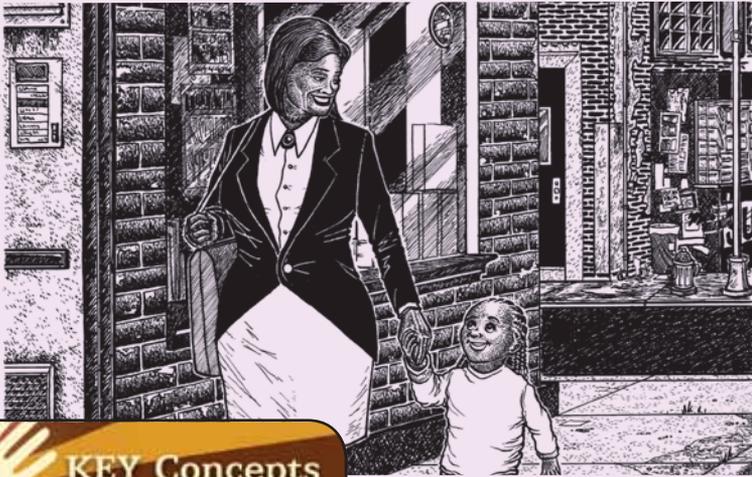
How Can I Help Take Care Of My Children's Teeth?

"I'm lucky," added Felicia. "I've never eaten too many sweets and I'm glad. Now that I'm pregnant it is even more important for me to eat healthy foods. The boys usually eat fruits and vegetables for their snacks."

"Are you ready to run to the library?" Rosalie asked.

"Do we have to run?" Ginny laughed. "You're going to run Felicia and me ragged!"

"Honey, we've got to run. How else can we keep up with all we need to know about raising healthy kids today?" Rosalie smiled broadly at her two friends. "Let's go!"



KEY Concepts

Keep your health logs up to date.

Set family routines for dental care.

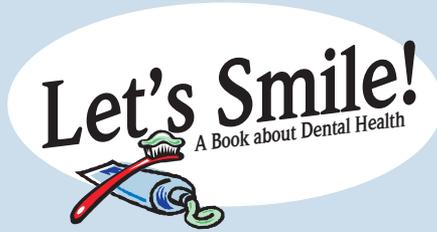
Preventive dental care is important.

Books

Take Care of Your Teeth
by Don L. Curry

The Tooth Book: A Guide to Healthy Teeth and Gums
by Edward Miller

ROSALIE'S NEIGHBORHOOD:



Rosalie's Neighborhood, Let's Smile: A Book about Dental Health, is the result of a collaboration between two research organizations: The Goodling Institute for Research in Family Literacy provided literacy expertise and the National Institute for Dental and Craniofacial Research provided oral health expertise. The materials were piloted with family literacy programs and revised to reflect practitioners' and parents' suggestions. This most recent curriculum has been re-designed for website presentation. *Let's Smile* comprises a book, facilitator guide, reader's theater script, and glossary. Many thanks to those involved in the production of the instructional module.

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Acknowledgements: Pilot Programs

The programs listed were instrumental in piloting the Rosalie's Neighborhood materials, providing feedback and ideas for new activities and resources. Thank you.

- Forbes Road Career and Technology Center
- Lancaster-Lebanon Intermediate Unit #13
- Jefferson-Clarion Head Start
- Lycoming County Library System
- Penn State Beaver Campus Adult Literacy Action
- Tuscarora Intermediate Unit #11—Fulton County Even Start