

TCS/GEN/042/2022-23

Date: 24-05-2022

CIRCULAR

VALUE OF THE MONTH: CHARITY - الخيرية الأعمال-

SUBJECT: HEALTHY TEETH, HEALTHY KIDS

Dear Parent,

Greetings from The Central School-Dubai!

Many of us are unaware of how important good oral health is for good overall health. Tooth decay is preventable, yet it remains the most common chronic childhood disease. You can prevent tooth decay!

Taking care of teeth and gums should start early in life. The sooner a child develops good habits, the more likely these practices will continue & lead to sound health.

Children who have good oral hygiene are less prone to having bad breath, tooth decay, and diseases. This will also promote good overall cardiovascular health.

For a kid's tooth development to be healthy as they grow, establishing a strong oral routine is essential.

Toddlers will naturally need support in brushing their teeth. As a parent, your consistent good oral health practices will lead to good overall wellness for your son or daughter.

We urge you to start taking care of your child's oral health and develop good practices like brushing twice a day, flossing once a day, avoiding intake of food with high sugars, and visiting the dentist regularly.

Regards,



Seema Umar
Vice Principal.



Oral health is essential for general health and well-being.

Facts to know:

- Three most common oral conditions that affects health and quality of life are: cavities, severe gum disease, and extensive tooth loss.
- Oral disease will cause pain & may progress to cause problems with eating, speaking and learning.
- Drinking fluoridated water and getting dental fissures sealants (in childhood) is the most effective way to prevent cavities.
- Primary teeth are important for the health and quality of your child's life and they begin to appear from the age of 6 months, and it is expected that some of your child's primary teeth will last for at least 12 years.
- 1 in 5 children aged 5 to 11 years will have at least one untreated decayed tooth.
- 1 in 7 adolescent aged 12 to 19 years have at least one untreated decayed tooth.

Tips to protect and maintain healthy teeth:



Brush your teeth twice daily with a fluoride toothpaste



Drink water at mealtimes rather than juice or soda



Minimize the daily intake of sweetened drinks and food



Choose fruits and vegetables for snacks



Quit smoking



Eat more fruits and vegetables and have fewer portions of fruit juice, cookies and candies



Visit the dentist every 6 months