



O R A L H E A L T H K A N S A S

Marcia Manter, Community Development Specialist

785 235 6039 mmanter@oralhealthkansas.org

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Four Steps to Help Children Have Healthy Mouths

Stop! Look! Listen! Go!

STOP: Stop for three minutes once a month to check children's teeth, gums and mouth for potential signs of disease.

LOOK: Look for white spots along the gum line that might be signs of early tooth decay, dark spots that might show decay, and chipped/broken teeth. Look for food collected in between the teeth and between the cheeks and gums. Look for sores, swelling or bleeding on the gums or walls of the cheeks. Look for swelling around the cheeks and mouth. Look for ways to teach children of all ages what you are looking for so it becomes their lifetime habit.

LISTEN: Listen when children of all ages talk about their mouths hurting, when they say chewing is painful and cold beverages hurt their teeth. Listen and learn when they complain that kids say that their breath smells bad.

Go: Go to the phone to make a dental appointment if you have concerns and tell the dental office staff what you are seeing and hearing. Ask the dentist to examine the child's teeth and mouth for problems that need to be treated.

Here's a reminder card to stick on the refrigerator to remember:

<http://www.oralhealthkansas.org/pdf/lift%20the%20lip2.pdf>

***** For more information, please contact Marcia Manter, mmanter@oralhealthkansas.org**