

Bright Smiles

Reedsburg Area Medical Center is proud to bring the Bright Smiles program to your child's classroom!

Through **Bright Smiles** your child is provided with all necessary supplies to brush their teeth every day at school. This is not meant to take the place of brushings at home, only to teach the importance of oral hygiene while helping your child achieve optimal oral health!

Why is brushing my child's teeth so important?

- As an example, about 25% of Wisconsin's Head Start children ages 3 and 4 have untreated dental decay*. That means that in a class of 18 students, **4-5 students have untreated decay!** For many children, tooth decay can be severe and painful, can interfere with eating, sleeping, speaking, learning and playing, and may cause low self-esteem. Treatment can be expensive and require general anesthesia.

If they are just baby teeth, why are they important?

- Healthy baby teeth guide permanent teeth into place.

Steps to properly care for your child's teeth!

1. Brush twice a day for two minutes (sing the ABC's).
 - Brush all surfaces of the teeth.
 - Ages 2+ should use fluoride toothpaste (*local communities with fluoridated water are La Valle, Reedsburg and Rock Springs*).
 - Replace your child's toothbrush every three months or as the bristles get worn.
2. Floss daily.
3. Eat healthy snacks and limit sugary drinks.
4. Make regular visits to your family dentist.
5. Be a good role model for your child – brush with them!!

Special thanks to all our Bright Smiles sponsors!!

*Reedsburg Area Medical Center
Partners of RAMC
Lands' End*

* Wisconsin Dental Association (www.WDA.org), *Baby Teeth Matter*