



GREETINGS FROM OUR COMMITTEE

Hello Everyone!!

It is hard to believe that summer is upon us, where has this year gone. Before you know it, it will be fall and children will be heading back to school. This month's newsletter has to do with dental health for young children that many parents involved in other good activities with their children, often do not think about dental health until there is a real need.

Oral hygiene instructions for children are similar to our own adult oral care routine. To help young children protect their teeth and gums and significantly reduce their risk of getting cavities, they should be taught the following five steps:

1. Brush their teeth at least twice a day.
2. Eat a well-balanced diet that limits starchy or sugary foods.
3. Drink plenty of water and use dental products with the appropriate level of fluoride.
4. Visit a dentist for regular checkups and preventive care.
5. See a dentist right away if an injury has led to a chipped, broken, or a tooth lost due to an accident.

We know that there are children who do not visit a dentist until there's a real emergency. There are so many factors that makes dental care a low priority in some communities.



Barbara Day



Kelly Boswell

IMPORTANT DATES

World Refugee Day

June 20

World Youth Skills Day

July 15

World Drowning Prevention Day

July 25

International Day of Friendship

July 30

International Youth Day

August 12

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Kiwanis
COMMITTEE ON YOUNG CHILDREN

FEATURED ARTICLE:

THE IMPORTANCE OF ORAL CARE FOR YOUNG CHILDREN

By Sara Roush, Ohio District Young Children Chair

It happened in slow motion – or at least it seemed like it. One minute our five-year-old was carefully stepping across the padded balance beam, the next, he was slipping off, but bonking his face on the way down. The next few minutes were filled with paint-peeling screams, tears, and blood. Some of it mine.

We were at the trampoline park, Jake was having a playdate and the boys were having a tremendous time bouncing around, jumping into the foam pit and the other attractions. The goal was honestly, to wear them out. It seemed like it was going pretty well until this incident. Two nasty gouges in his lip created a bloody, drooly mess and he obediently bit down on the wad to paper towels to stop the bleeding. I wiped his eyes, nose and face, assured him he was going to be okay, then he was off and running again. It seemed like the end of the incident for the most part.

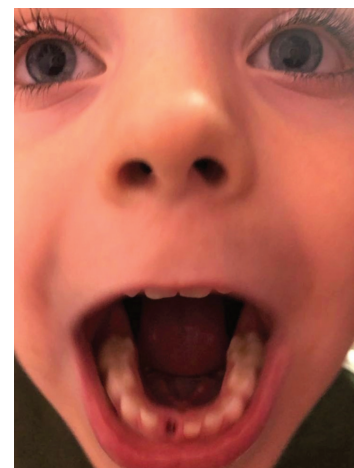
Later that night, after being cut off on popsicles, our son mooched an ice cube from his dad. As soon as he bit down, a lower tooth popped out. More noise ensued. Our son was startled and initially worried that he broke it, as was my husband. So, there was a bit of crying until I pointed out the tooth had come out cleanly, there was barely any blood, and it was about time he would start to lose his baby teeth, etc. Once the tooth fairy was mentioned – all was good again. The Hubs still insisted on an emergency dental appointment the next day, where the dentist took an x-ray, showing an adult tooth right below the gum line.

We were lucky. A national poll from the C.S. Mott Children's Hospital in Michigan reported that a third of parents said the COVID-19 pandemic has made it difficult to get dental care for their children. For almost a year, pediatric dental offices were closed unless in a case of emergency. For children with Medicaid, the inability to get a dental appointment was three times as common as children with private insurance. It's a frustrating situation for many parents and an important exam which children need.

The days of chewing a little pink tablet which shows deficits in brushing efforts are long gone. Beyond examining teeth and gum health, dentists today can identify enlarged tonsils, difficulty breathing through the nose – signs of possible obstructed breathing linked to sleep apnea or snoring. They can identify recurrent ulcers, which could signal an underlying immune issue such as diabetes or a nutritional deficiency or low muscle tone which contribute to speech disfunctions. Dentists can often detect cancer and anemia from a simple mouth exam. Pretty amazing when you think about it.

Thankfully, most dental clinics are back open and taking patients again with additional precautions to prevent the spread of viruses in the process.

It behooves us to encourage more attention to dental care through supporting dental clinics, educational visits to classrooms and distribution of



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YOUNG CHILDREN: UPDATE

toothbrushes, floss and cleaners. Check with your local health departments or school of dentistry to learn about clinics that your Kiwanis Club can support

There are websites with free dental health worksheets and pages to color available, which can be printed and distributed at different events. They range in talking about eating health food for strong bodies and teeth to, how to brush and what to expect from a visit to the dentist. The Mouth Healthy website by the American Dental Association also has a variety of topics including sports safety and a brushing calendar for 2022.

Encouraging children and their parents to focus on this aspect of their health will have benefits in the long run.

GREETINGS... *(continued)*

There are several resources available on-line. The American Academy of Pediatric Dentistry Foundation (AAPD Foundation) is a nonprofit association and the nation's foremost advocate in the fight for optimal oral health for all children. Colgate is another great resource in children's oral health, starting from childbirth through young adult.

The Young Children Committee works hard to bring Kiwanis members information that can be useful in their communities and beyond. Many thanks for all you do and do so very well for our children.

Wherever your travels take you this summer, be safe and remember to have fun.

Barbara Day and Kelly Boswell
Co-Chairs, Young Children Committee

COMMITTEE RESOURCES

SERVICE PROJECT GUIDEBOOK

This guidebook will be updated periodically, so if you have any projects to contribute, please send them to me.

COMMITTEE BROCHURE

An education piece for your members about the committee's work.

FACEBOOK GROUP

Join the group to view educational articles, resources, and participate in discussions online. This is a private group - so if you need an invitation to join, please let me know.

VIRTUAL CONVENTION TABLE

Downloadable resources for Kiwanis Districts to share at events.

Kiwanis International Committee on Young Children

Barbara Day, Carolinas, Co-Chair

Kelly Boswell, Illinois-Eastern Iowa, Co-Chair

Ava Adams, New England and Bermuda

Alan Penn & Jeri Penn, Ohio

Linda and Steve Steinbrunner, Ohio

Jennifer Wolff, Capital

Koji "George" Yoshida, Japan

Diana Ragbeer Murray, Florida

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