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**NEW YORK CITY COLLEGE OF TECHNOLOGY**

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Happy Teeth

**18th of March 2019**

# OVERVIEW

Today dental hygiene students from the New York City College of Technology visited the East River Child Development Center to bring awareness to oral hygiene.

# GOALS

1. To promote good oral hygiene, and reduce the rate of cavities in children.
2. Place emphasis on how a nutritious diet can promote better oral health.

# SPECIFICATIONS

According to the *Center of Disease Control*, in 2016 approximately 43% of children between the ages of 2 and 19 had cavities. The *American Academy of Pediatric Dentistry* reported tooth decay is the most common chronic childhood disease. A baby tooth with decay is a hopeless tooth that may require extraction, and it may affect the eruption of permanent teeth.

# MILESTONES

1. Watch your child brush twice a day with a pea size amount of fluoride toothpaste.
2. If teeth are in contact then clean in between the teeth with a floss pick.
3. Eat nutritious and balanced meals.
4. Limit snacking.
5. Limit foods and drinks with high sugar concentration.
6. Replace juice with water, or dilute the juice by adding water.
7. Check with your dentist about the use of supplemental fluoride, dental sealants, and regular cleanings.