



Spot, Prevent, Smile! oral Health Matters

Special from First 5 Sacramento

Oral health begins even before children start teething. Are you establishing positive dental habits early to ensure your child's teeth are healthy? Paying attention to your child's oral health early can prevent problems down the road such as chronic pain, impaired chewing and speech development, as well as reduced concentration and self-confidence.

It's estimated that nearly two million school days are lost nationwide annually because of dental problems in children ages 5 to 17. First 5 Sacramento is working to combat this problem by working with local water districts to help fluoridate drinking water. Fluoride plays an important role in the healthy tooth development in children and helps prevent the early stages of tooth decay. Visit the street

detailed fluoridation map at www.First5Sacramento.net to find out if your house receives fluoridated water. Also be sure to talk with your child's dentist about fluoride.

First 5 Sacramento offers parents the following tips to help Spot, Prevent and Smile – establishing a lifetime of healthy teeth.

- Spot – Looking for Tooth Decay - Check your baby's teeth and gums for tooth decay every day. Look for white, brown or black spots on the teeth. If you see any spots, visit the dentist right away. Also, check gums for swelling, bleeding and pimples. Take your baby to the dentist, starting at age one.

- Prevent – Early Prevention is Best - Remember to wipe or brush your child's teeth daily with a clean washcloth, especially after eating. When your child is about two years old, help him or her brush using small circular

motions. Give your child water rather than juice when he or she is thirsty. After six months of age, one small serving of juice daily is plenty. Once your baby is eating solid foods, limit the number of sweet and sticky foods he or she eats. Instead, offer healthy foods and snacks like fruits, vegetables and cheeses.

- Smile – Healthy Teeth for Happy Smiles - Help your child brush his or her teeth at least twice a day and floss every day. Take your child to the dentist at least once a year. Remember your child's teeth and gums are important – even his or her baby teeth. A child's first set of teeth is crucial for chewing, speaking and speech development, jaw development, self-esteem and are placeholders for permanent teeth. Smart oral health practices are just one step in preparing a child to begin school on the right track.

To find a pediatric dentist in your area call the California Society of Pediatric Dentists at (800) 503-9780 or online at www.cspd.org. Additional oral health tips and information is available online at www.first5oralhealth.org. First 5 Sacramento encourages all parents to be aware of their child's development and share any concerns with a health care professional. For more information on parenting resources or other First 5 Sacramento programs, call (916) 876-5865 or visit www.First5Sacramento.net.

About First 5 Sacramento - California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on cigarettes to support programs for expectant parents and children ages zero to five. First 5 Sacramento distributes approximately \$17 million a year in Prop. 10 revenues to programs and services that meet local needs.



We have GREAT IDEAS
to hear what we can offer you, call: **429-9901**

WACKY TACKY

Climbing Walls! • Enormous Slides! • Foam Shooting Range!
MUCH MUCH MORE!!!

Celebrate Your Birthday at WACKY TACKY
7351 Galilee Road #160 • Roseville, CA 95678
916-783-3355
www.wackytacky.net • info@wackytacky.net



\$10.00 off
On Reserved Party Package 2
Monday thru Thursday
Call us today to reserve your party
Expires 03/30/10

Open Play
One Free Admission
Buy 4 Admissions at regular price
Get One Free
This Coupon must be presented at the time of admission.
Expires 03/30/10

Open Play
\$2.00 Off
Monday Thru Thursday
9:00am - 3:00pm
One coupon is valid for one admission only
This Coupon must be presented at the time of admission
Expires 03/30/10

\$10.00 off
+ Extra Pizza
On Reserved Party Packages 3 & 4 only
Monday thru Thursday
Call us today to reserve your party
Expires 03/30/10