

# Children's Dental Health Services



# TOOTH TIMES

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## Why We're Smiling

BY SARAH HAYES, EXECUTIVE DIRECTOR

We smile because you're our partner! CDHS is dedicated to reducing dental access barriers by providing a dental home to underserved children through comprehensive dental care and education, using our portable clinic and office location in southeastern Minnesota. We could not do any of this without our partners who advocate for and support children's oral health.

We believe that **every child** deserves quality dental care and oral health education to promote a lifetime of happy, healthy smiles.



## Colton's Story

Colton is an area teenager who signed up for the school dental clinic. While at his school appointment, he shared with his hygienist that he was concerned about his front teeth. Many had dark black spots that embarrassed him. The hygienist cleaned his teeth and placed dental sealants on his healthy adult molars, as well as provided a referral to our dentist for treatment.

Colton's mother was able to bring him to our office to receive treatment from our Dentist and the University of Minnesota Dental Therapist students training with our program. His teeth needed a lot of work; fortunately, after multiple appointments, he now has a healthy mouth. Colton's family faces barriers to dental care, and without our program, he was at risk of losing his adult teeth. When his final appointment was over, Colton's mother thanked everyone and said, "I have to tell you, you guys are angels back there. Thank you for what you do."

CDHS is honored to provide much needed dental care to children and teens like Colton. We believe everyone deserves a Happy Healthy Smile! Enjoy your new smile, Colton!

## CDHS News - Updates



We are VERY excited to announce we have added another dentist to our staff and now offer restorative services, like fillings, stainless steel crowns and more **THREE** days a week!

Call today to schedule your child's treatment!

# 2 Minutes - 2 Times EVERYDAY

Help your kids brush their teeth 2min2x -- 2 minutes each time, twice a day -- for healthier teeth, fresh breath, fewer cavities, and to avoid painful dental problems.

CDHS recommends that you help or watch over your kids' brushing until they're 8. Once your child's teeth start to coming in, brush using a children's toothbrush and fluoride toothpaste in an amount no more than the size of a grain of rice.

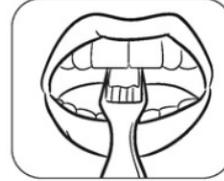
## How to Brush



- Place the toothbrush at a 45-degree angle to the gums.



- Move the brush back and forth gently in short strokes.



- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.



- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.

- Brush your tongue to remove bacteria and keep your breath fresh.

## Donor Spotlight

We would not be able to do the work we do without the generous support of our community donors, as well as our corporate grantors.

This quarter we are excited to honor Sherrie Fletcher. Sherrie regularly supports CDHS by liking and sharing our social media posts, and she also generously donated on Give to the Max Day. On this day, random donations were selected for large prizes to be added to their donation.

Sherrie's donation was selected for an extra \$500! Which is enough to provide uninsured children with:

Dental sealants to 15 healthy molars

or

Dental X-rays for 12 children

or

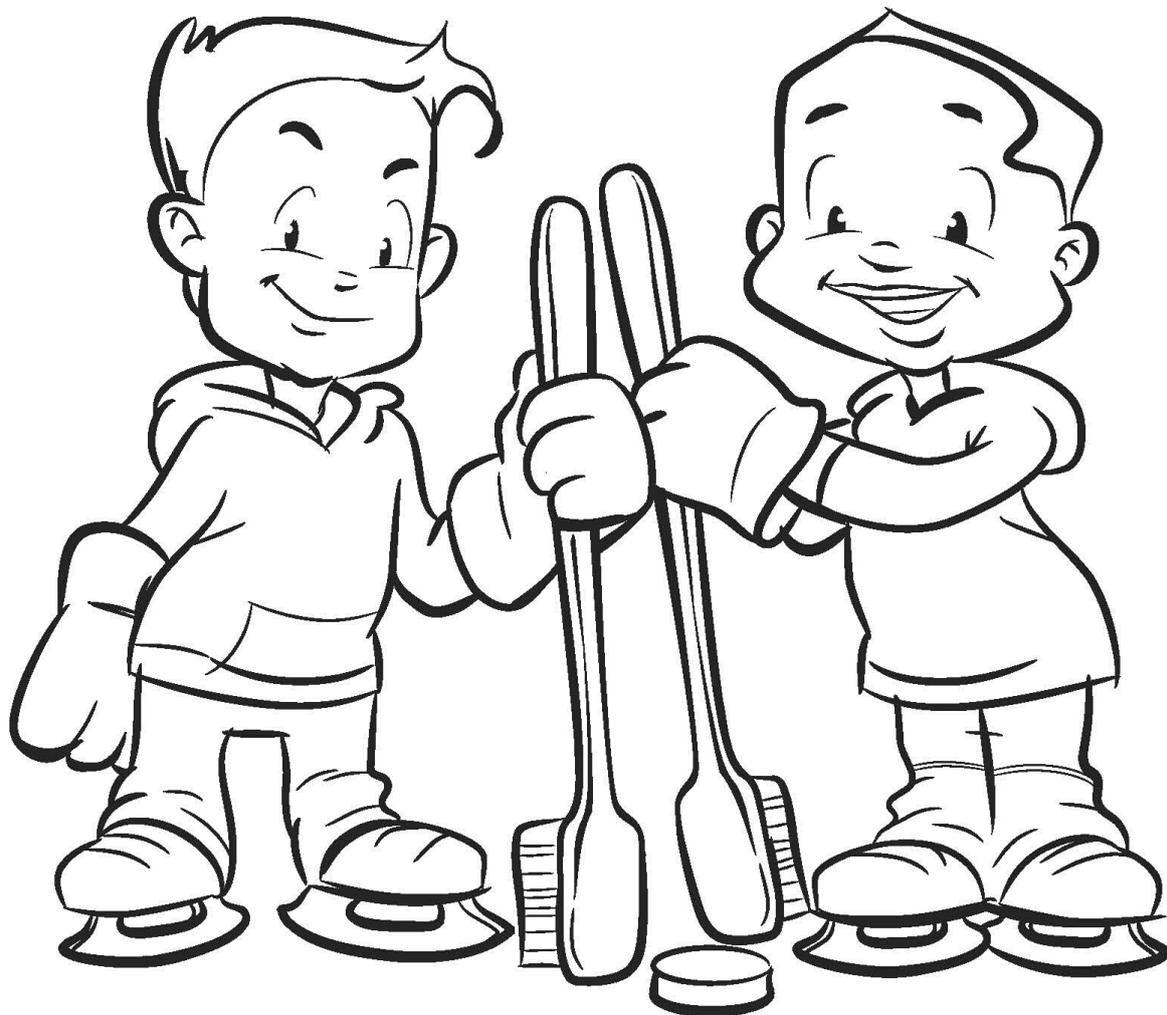
5 children with complete cleanings at their schools



# CDHS Patient Activity

## Coloring Sheet

**Buck is teaching Den to play hockey.  
Rule number one? Always wear a mouthguard!**



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