

Children's Dental Health Services



TOOTH TIMES

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Why We're Smiling

SARAH HAYES, EXECUTIVE DIRECTOR

We smile because we are grateful for your partnership! 2020 was quite the year! With so much uncertainty nowadays, we are incredibly grateful for our patients and partners. We are proud to report that CDHS is continuing our essential work with enhanced infection control measures to provide underserved children with the dental care they need to have a healthy body and mouth.

Thank you for your ongoing support for our mission and shared belief that every child deserves quality dental care and oral health education to promote a lifetime of happy, healthy smiles. Happy New Year!

Donny's Story



Dental fear is a real situation that many children (and adults) face at each dental appointment. CDHS staff work with each child to help ease their worries; using the "Tell-Show-Do" method, they explain each step of the visit and show them how the instruments will feel on their teeth by tapping their fingernail. They make every effort to ease their fears while providing exceptional care.

CDHS staff first met Donny at his school-based clinic for his first preventative visit with us back in 2016. At that visit, the provider noted that Donny had extreme dental fears as well as treatment needs. Our restorative dental program had just begun, and Donny was one of our first patients. While at his appointment in our office, Donny was scared and uncooperative. Our dentist was not able to complete all the procedures needed. Donny continued to receive his regular preventative care at his school-based clinics. At each appointment, our staff noted that Donny had treatment needs, as well as continued fears. CDHS teammates took extra time at each of his visits to talk through his fears and explain why regular dental care is so important. We were able to schedule him to come back to our office for necessary treatment in 2018. By that time, our restorative program had added nitrous oxide sedation to help children with extreme dental fears. With our nitrous oxide sedation, our dentist provided much needed restorative care, preventing potential serious infections.

Fast forward to 2020, due to COVID19, Donny's school opted out of our school-based dental clinics. CDHS staff contacted his family to schedule his preventative visit at our office. Knowing Donny has dental fears, our team was ready to move slowly and take extra care. However, Donny came to this appointment with very little fear. Our Dental Therapist provided his cleaning, sealants and finished the restorative procedures he badly needed to complete; without nitrous oxide sedation.

We believe that the consistency in care and the extra time take by CDHS staff at each of his appointments has made the difference in reducing/removing Donny's dental fears. CDHS is proud to be Donny's dental home and proud of his personal growth over the last few years. We can't wait to see you grow with a healthy smile.



CDHS News

We are VERY excited to announce we have added an office location in Austin, MN!

Austin is located in Mower County, which is a full dental provider shortage area. Our Austin office will provide access dental care for a large number of children in need.

Call to schedule an appointment today!

Facts About Flossing

Did you know that flossing is the number one way to prevent plaque?

Floss removes plaque that sticks to teeth and gums in between teeth, polishes tooth surfaces, and controls bad breath. When you floss your teeth daily, you increase the chance of keeping them for a lifetime and decrease the chance of getting gum disease.

Do you know how much of your tooth is missed when you only brush?

30 - 35% of your tooth is left untouched by your toothbrush. Flossing is the only way to remove the plaque between teeth.

When should children start flossing?

Children can begin flossing once two teeth are touching, or when all sides of a tooth cannot be cleaned by brushing alone.

How do you floss?

1. Using about 18' of floss. Wrap the floss around your middle finger.
2. Use your thumb and index fingers to guide the floss and wrap around each tooth
3. Gently slide the floss under the gumline and wrap around each tooth in a "C" shape.
4. Hold the "C" shape gently floss up and down under the gumline. continue to wrap the floss and repeat on all teeth.



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 the Delta Dental Foundation of Minnesota. The Delta Dental Foundation has been supporting underserved children's dental care and partnering with CDHS since 2007.

When the pandemic began this year, Delta Dental Foundation was quick to offer additional financial and dental supply assistance to CDHS and other partner organizations. This quick action was a huge help to our organization and we are grateful!

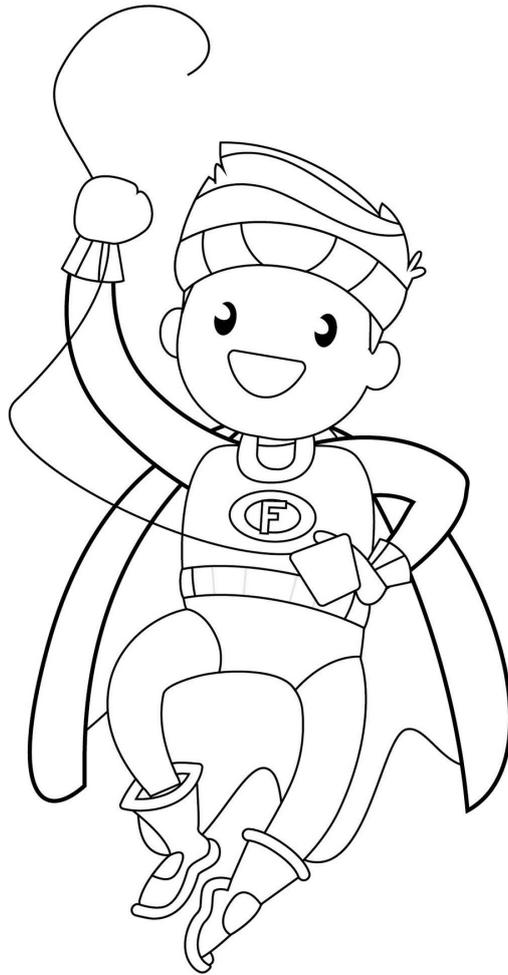
THANK YOU Delta Dental Foundation!!!



CDHS Patient Activity



AMERICA'S PEDIATRIC DENTISTS
THE BIG AUTHORITY on little teeth



FLYING FLOSSER

Flosses twice a day to keep the Mouth Monsters away and
uses the excess floss to save others from cavity causing
foods all over town!