

EL AVISO

June 2015

Teaching your child good oral hygiene habits

Early cleaning habits can lead to a lifelong healthy smile, but did you know that just because babies don't have any visible teeth, doesn't mean they can't get cavities?

A baby's 20 primary teeth are already present in the jaws at birth. And those baby teeth that begin coming through the gums around 6 months help set the stage for future smiles by keeping space in the jaw for adult teeth.

Baby teeth matter

When a baby tooth is lost too early, the permanent teeth can drift into the empty space and make it difficult for other adult teeth to find room when they come in. This can make teeth crooked or crowded. That's why starting infants off with good oral care can help protect their teeth for decades to come. The ADA recommends that parents take children to a dentist no later than their first birthday and then at intervals recommended by their dentist.

Cleaning Your Child's Teeth

- Begin cleaning your baby's mouth during the first few days after birth by wiping the gums with a clean, moist gauze pad or washcloth. As soon as teeth appear, decay can occur. A baby's front four teeth usually push through the gums at about 6 months of age, although some children don't have their first tooth until 12 or 14 months.
- For children younger than 3 years, caregivers should begin brushing children's teeth as soon as they begin to come into the mouth by using fluoride toothpaste in an amount no more than a smear or the size of a grain of rice. Brush teeth thoroughly twice per day (morning and night) or as directed by a dentist or physician. Supervise children's brushing to ensure that they use of the appropriate amount of toothpaste.
- For children 3 to 6 years of age, use a pea-sized amount of fluoride toothpaste. Brush teeth thoroughly twice per day (morning and night) or as directed by a dentist or physician. Supervise children's brushing and remind them not to swallow the toothpaste.
- Until you're comfortable that your child can brush on his or her own, continue to brush your child's teeth twice a day with a child-size toothbrush and a pea-sized amount of fluoride toothpaste. When your child has two teeth that touch, you should begin flossing their teeth daily.

Teething

Teething is one of the first rituals of life. Although newborns usually have no visible teeth, most baby teeth begin to appear generally about six months after birth. During the first few years of your child's life, all 20 baby teeth will push through the gums and most children will have their full set of these teeth in place by age 3. A baby's front four teeth usually erupt or push through the gums at about six months of age, although some children don't have their first tooth until 12 or 14 months. As their teeth erupt, some babies may become fussy, sleepless and irritable, lose their appetite or drool more than usual. Diarrhea, rashes and a fever are not normal symptoms for a teething baby. If your infant has a fever or diarrhea while teething or continues to be cranky and uncomfortable, call your physician.

First Dental Visit

As soon as your child's first tooth appears, it's time to schedule a dental visit. The ADA recommends that the first dental visit take place within six months after the first tooth appears, but no later than a child's first birthday. Don't wait for them to start school or until there's an emergency. Get your child comfortable today with good mouth healthy habits.

Although the first visit is mainly for the dentist to examine your child's mouth and to check growth and development, it's also about your child being comfortable. To make the visit positive:

- Consider making a morning appointment when children tend to be rested and cooperative.
- Keep any anxiety or concerns you have to yourself. Children can pick up on your emotions, so emphasize the positive.
- Never use a dental visit as a punishment or threat.
- Never bribe your child.
- Talk with your child about visiting the dentist.

During this visit, you can expect the dentist to:

- Inspect for oral injuries, cavities or other problems.
- Let you know if your child is at risk of developing tooth decay.
- Clean your child's teeth and provide tips for daily care.
- Discuss teething, pacifier use, or finger/thumbsucking habits.
- Discuss treatment, if needed, and schedule the next check-up.



LAS CLINICAS DEL NORTE: A Community Health Center, Established in 1972

Serving the communities of Abiquiu, Ancones, Barranco, Cañon, Carson, Chili, Cañones, Cañon Plaza, Duranes, El Llanito, El Pueblo, El Rito, Gallegos, Gavilan, Ghost Ranch, La Cueva, La Madera, La Mesa, La Zorro, Las Casitas, Las Tablas, Los Pinos, Medanales, No Agua, Ojo Caliente, Olguin, Petaca, Placitas, Plaza Blanca, Rio Chama, San Miguel, Servilleta, Servilleta Plaza, Silvestres, Tierra Azul, Tres Orejas, Tres Piedras, Tusas, Vallecitos, Youngsville

Cont'd ⇒ Teaching your child good oral hygiene habits

Fluoride

Fluoride is a mineral that occurs naturally in all water sources, including oceans, rivers and lakes. Fluoride is also added to some community tap water, toothpastes and mouth rinses. Infants and toddlers who do not receive an adequate amount of fluoride may be at an increased risk for tooth decay since fluoride helps make tooth enamel more resistant to decay. It also helps repair weakened enamel. Bottled water may not contain fluoride; therefore, children who regularly drink bottled water or un-fluoridated tap water may be missing the benefits of fluoride. If you are not sure if your tap water has fluoride, contact your local or state health department or water supplier.

Discuss your child's fluoride needs with your dentist or pediatrician. They may recommend a fluoride supplement if you live in an area where the community water is not fluoridated.

Pacifiers

Infants and young children may suck on thumbs, other fingers or pacifiers. Pacifiers dipped in sugar, honey, juice or sweetened drinks, can lead to tooth decay. Tooth decay can also begin when cavity-causing bacteria pass from saliva in a mother or caregiver's mouth to the baby. When the mother or caregiver puts the baby's feeding spoon in her mouth, or cleans a pacifier in her mouth, the bacteria can be passed to the baby.

Dental sealants

Dental sealants act as a barrier to prevent cavities. They are a plastic material usually applied to the chewing surfaces of the back teeth (premolars and molars) where decay occurs most often.

Thorough brushing and flossing help remove food particles and plaque from smooth surfaces of teeth. But toothbrush bristles cannot reach all the way into the depressions and grooves to extract food and plaque. Sealants protect these vulnerable areas by "sealing out" plaque and food.

The likelihood of developing pit and fissure decay begins early in life, so children and teenagers are obvious candidates. But adults can benefit from sealants as well.

Sealants are easy for your dentist to apply. The sealant is painted onto the tooth enamel, where it bonds directly to the tooth and hardens. This plastic resin bonds into the depressions and grooves (pits and fissures) of the chewing surfaces of back teeth. The sealant acts as a barrier, protecting enamel from plaque and acids. As long as the sealant remains intact, the tooth surface will be protected from decay. Sealants hold up well under the force of normal chewing and may last several years before a reapplication is needed. During your regular dental visits, your dentist will check the condition of the sealants and reapply them when necessary.

Key ingredients in preventing tooth decay and maintaining a healthy mouth are:

- brushing twice a day with an ADA-accepted fluoride toothpaste
- cleaning between the teeth daily with floss or another interdental cleaner
- eating a balanced diet and limiting snacks
- visiting your dentist regularly

Ask your LCDN dentist about whether sealants can put extra power behind your prevention program.

American Dental Association Website.

Congratulations to Patsy Serrano, an MA in Abiquiu, for receiving Recognition from the NM Immunization Coalition for achieving a childhood immunization rate of greater than 90%. Patsy has received this recognition for the past 3 years.

Patsy has been an MA with LCDN for 17 years and along with all her other duties, she is doing a great job at making sure that our pediatric patients are up to date on their immunizations! Thank you Patsy for your dedication to LCDN and for the Great Job that you do!!!

⊗ **Community Events** ⊗

Contact: Joan Tollefson 1-505-323-1519/ 553-5820 or email: joan@lcdn.org

For Health Advise when clinics are closed, call Nurse Advise New Mexico (NANM) 877-725-2552 open 24 hrs.

El Rito

Las Clinicas del Norte Board Meeting - every 4th Monday, 6 pm, El Rito clinic Community Room.

El Rito Library- Tues, Wed, Thurs, Fri, Sat, 12 am – 5 pm
Library Board Mtgs. - every 2nd Wednesday, 6:00 pm

El Rito Fire Dept. Mtgs. - every 2nd Wednesday, 7 pm, at the El Rito Fire Station, open to the public.

El Prado Convenience Station at Rural Events Ctr. Open 5 days Tue-Sat 8am-4pm. Info: North Central Solid Waste 747-8459

Abiquiu

Abiquiu Library - Sun, Mon, Tues, Wed, Thurs, 1 pm – 6 pm, located on the Plaza.

Abiquiu Fire Dept. - **DAY CHANGED** to 2nd **Sunday - 6 pm.** at the Abiquiu Fire Dept. Station at the REC on Hwy 554.

Abiquiu Area Emergency Services Project Mtg. - second Wed. at 6:00 pm at the Rural Events Center.

Abiquiu AA Meetings - Wednesday, 5:30-6:30 pm, Abiquiu clinic, & Saturday, 10:00 am, Abiquiu Library. **New Contact:** Alex at 505-901-7701.

Abiquiu Al-Alon - will return in late-spring.

Recycling - 5 days a wk. Tue-Sat 8am-4pm. Recycle at the El Prado Convenience Station at the Rural Events Ctr. For information call North Central Solid Waste, 747-8459.

Ojo Caliente

Ojo Caliente Fire Dept. Mtg. - every 1st Wednesday, 7:00 pm
Ojo Caliente Fire Dept.

Recycling Station - Tues-Sat, 9am-5pm, Bldg #35631 Hwy 285/84.

EL RITO PUBLIC LIBRARY

575-581-4608

Hours: Tuesday thru Saturday 12-5pm

NEW LIBRARY HOURS!

After tallying **your** responses to a **community questionnaire** about the hours needed to serve the community, we've listened to you, and here are the results.

STARTING NEXT WEEK on June 9 our hours, for one full year, will be:

Tuesday and Saturday 9 am - 2 pm
Wednesday, Thursday, Friday 2 pm - 7 pm

With these hours we have morning hours for those who like them.

We have hours so kids and teens can come after school and do their homework or do research.

We have hours so those of you who have to travel far to work, have time to come after your commute and use the library or check out materials.

And we have Saturday hours for those who don't want to come in during the week.

We heard you and responded. Enjoy!

SAVE THE DATE!**Sat. June 6, 9-noon****Our Annual Board of Director's
Pancake Breakfast**

(donation of your choosing)

Menu includes: homemade pancakes, scrambled eggs, sausage, fruit bowl, OJ, coffee

**We also are being entertained by El Rito's own
Cipriano Vigil from 11-12.**

We are grateful to the New Mexico Humanities Council and the Department of Cultural Affairs for funding our musician for this program!

PROGRAMMING IN JUNE

We are cosponsoring a

Poetry reading event**with Three Sisters on Saturday June 20 at 6 pm.**

It will be at the Three Sisters, 1204 Main Street in El Rito (near El Farolito).

PUEBLO DE ABIQUIU LIBRARY**And Cultural Center**

505-685-4884

POB 838, Abiquiu, NM 87510

abiquiupl@gmail.com

www.abiquiulibrary.wordpress.com**GENIZARO CONFERENCE**

Many thanks to all our friends who attended the day-long Conference on May 16th "Honoring the History of a Genizaro Pueblo". We were very proud to have in attendance many distinguished presenters and guests, including Regis Pecos, former Governor of Cochiti Pueblo and Chief of Staff for the late Speaker Ben Lujan, NM House of Representatives, and Senator Richard Martinez who sponsored the 2007 Senate Memorial 59 giving recognition to the Genizaro contributions to New Mexico history, LaDonna Harris, President and founder of Americans for Indian Opportunity also attended as well as friends from Abiquiu Pueblo and many people with Genizaro lineage visiting from other parts of New Mexico and Colorado. We appreciate our presenters who traveled from University of California at Berkeley and Santa Barbara, Dr. Jun Sunseri and Dr. James Brooks, as well as University of Texas PhD candidate Gregorio Gonzales, Tessie Naranjo and Rosalie Tafoya from Santa Clara Pueblo, Dr. Charlie Carrillo, Pueblo historian David Lopez, UNM professor Moises Gonzales and others. Dexter Trujillo and Maurice Archuleta led the dancing and drumming, infusing the day with their clear spirits, alongside fourth generation drummer, Jesus Montoya, and Mariaelena Jaramillo family dancers.

We are grateful to the Abiquiu Inn for hosting our guests from Berkeley. Thanks to Donald Martinez for the lamb meat we shared for dinner, Eppie Jaramillo and Wanda Roach for their donation toward the meals, Linda Grace and Jody Brawn their posole and helping with setup and cleanup. Our Board and staff spent weeks organizing the event. Thanks to Sabra Moore for designing and producing the program and collaborating with Director Isabel Trujillo in developing the schedule of speakers. Thanks to Isabel Lopez, Iren Schio, Mimi Hurd, and librarian Tara Valdez both for their advice and participation in selecting speakers and shaping the structure of the day and for their hands-on setting up the library display, arranging and cooking the food, helping to set up and take down the room and simply being there to move the day along. Alice Garcia, long-time Board member and now the library's advisor was there all day helping and guiding us. Thanks to Virgil Trujillo for roasting the lamb and a special note to Virgil and Isabel for their fine introductions of the speakers and to Virgil for sharing the story of his & Dexter's great-great grandfather's captivity and freedom. Thanks to all the Genizaros for keeping our culture alive.

2015 Summer Reading Program: Every Hero has a Story

The Summer Reading Program will run from **June 9 to July 30, 2015 on Tuesdays and Thursdays from 11:00 to 1:00** with free lunches for children. Some of the guests that will be doing presentations are Abiquiu Dam, Animal Shelter, and author Dirk Wales. Children will receive prizes for every 5 books they read.

FREE SUMMER LUNCHES for children and teens @ the Library Monday through Thursday 12:00 noon, starting June 1 to July 30, 2015. Mondays through Thursdays. All the youth lunches are sponsored by Rio Arriba County. Adults are welcomed to join for \$1.50.

Las Clinicas del Norte

EL RITO CLINIC
PO Box 237, El Rito 87530
Phone: (575) 581-4728
1-800-869-7624

OJO CALIENTE CLINIC
PO Box 307, Ojo Caliente 87549
Phone: (505) 583-2191
1-866-665-6832

ABIQUIU CLINIC
PO Box 757, Abiquiu 87510
Phone: (505) 685-4479
1-866-578-1662

MEDICAL:

MON and TUESDAY 8:00 am– 6:30 pm
WEDNESDAY THRU SATURDAY 7:30
am 5:00 pm.
Confidential Family Planning Title X Services available

COUNSELING: 581-4728, # 232
Mondays and Wednesdays only.
Please call for an appointment.

DENTAL SERVICES: 581-0028
MON thru FRI 8:00 am– 6:00 pm;

REMEMBER TO BRING YOUR CHILD'S IMMUNIZATION RECORD to all clinic visits

MENTAL HEALTH CRISIS NM HOTLINE - 1-855-NMCRISIS (1-855-662-7474)

LCDN BOARD OF DIRECTORS — *President* - Tony Chacon, *Vice-President* - Pauline Varoz, *Treasurer* - Erma Crim, *Secretary* - Barbara Lovato; *Members*: Gary Salazar, Sophie Garcia, Rex Davidson, Terry Boyle, Jasmine Serrano.
Honorary Members: Mary F. Lovato, Jeremias Archuleta, Willie Picaro and Susie Verkamp.

Donations - listed for one year - Las Clinicas would like to thank the following donors

\$ 500 - Kathleen E. Maley (12-14)

\$ 800 - Katharine & Boudinot (Bill) Atterbury - James Talcott Fund (12-14)

\$ 1,000 - Sam R. & Isabel E. Jewell (12-14)

\$ 1,000 - Terence P. & Susan C. Boyle

\$ 1,500 - Andy R. Lopez (01-15)

Las Clinicas del Norte, Inc.

D/B/A Las Clinicas del Norte
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El Rito, NM 87530

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