

EL AVISO

May 2004

CHILDREN'S DENTAL HEALTH

Oral health is an essential and integral component of good health throughout life. Healthy teeth and gums are essential to overall good health. For the most part, if diagnosed early on, oral diseases and conditions can be prevented and controlled.

Oral and dental diseases impact children's functions, including eating, growth, speaking, and learning. Poor dental development, dental disease, and dental trauma can result in poor nutrition, painful and dangerous infections, problems with speech development, and problems with self-image.

Tooth decay remains the single most common chronic disease of childhood. By ages 6-8 years, 52% of U.S. children have experienced tooth decay – making it 5-8 times more common than asthma, which is often cited as the most common chronic condition of childhood. Dental sealants if applied early can reduce tooth decay.

Teaching your child to brush is a task that many parents have dreaded at one time or another. Having your child brush, however, is extremely important because it establishes good oral habits that last a lifetime.

Start Early

The key to establishing good brushing habits is **starting an oral care program early**. In fact, the American Dental Association suggests that you begin cleaning your baby's mouth the first few days after birth.

After each meal take a wet washcloth and wipe your baby's gums. This accomplishes three things:

It removes plaque that accumulates on the gums.

Plaque is a sticky substance containing mucus, food debris, and bacteria. Removing plaque prevents bacteria from building up on your child's gums.

It gets your child accustomed to having a clean, plaque-free mouth.

When your child is accustomed to a clean, plaque-free mouth, they will usually take steps, including brushing, to keep this clean feeling.

It gets your child accustomed to you "meddling" in their mouth.

When your child becomes accustomed to you "meddling" in their mouth, it becomes easier for you to brush their teeth later. It also makes it easier for the dentist to examine and work in their mouths at a later date.

The First Baby Teeth. The baby's first teeth appear, on average, about six months after birth.

When teeth appear, use a cotton swab daily to gently wipe the teeth and remove plaque.

Don't attempt a gum cleaning if your baby is cranky or tired. And **don't** reach for the toothpaste. It is not needed in this early stage.

Do take your baby to the dentist at around one year of age, or approximately six months after the eruption of the first tooth.

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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 and Vallecitos and Youngsville

⇒ If your child has not grown up tolerating you "meddling in their mouth" you may have a much tougher problem later. If your child is two years of age and their teeth have not been brushed and inspected by you, then in all probability, plaque has not been sufficiently removed.

Brushing Your Child's Teeth

Despite the protests and the fight your child may give you, it is extremely important that you brush their teeth.

Parents, in fact, are responsible for making sure their children's teeth are clean until the child reaches five to six years of age! This is because, on average, younger children do not have the manual dexterity required to brush teeth effectively.

Why should you go to great lengths to brush your child's teeth? The most important reason is that **tooth decay occurs faster in children than in adults**. By brushing your child's teeth, you remove the plaque bacteria, which are responsible for this tooth decay.

Another reason to help your child learn to brush is that this helps them develop a crucial healthy habit that will last a lifetime.

Make It Fun !

The key to getting your child to brush is to make it fun. Start your program today and look for fun ways to engage your children in the activity. Make it seem as if brushing is a fun thing to do rather than a chore that must be done.

One method that is fun and effective is allowing your children to brush your teeth. You should laugh a lot and make it a fun activity. Then allow them to "brush" their own teeth. Finish by brushing your child's teeth. You may want to include older siblings in the activity.

Alternatively, have your child brush their favorite doll's teeth before you brush theirs. Remember always allow them to "brush" their own teeth and then follow up by brushing their teeth correctly.

Use only a pea-size amount of toothpaste on their toothbrush as larger amounts tend to create excessive foam making it more difficult for your child to brush.

Make sure that your child gets in the habit of spitting out the toothpaste. Swallowing toothpaste on a consistent basis can lead to a condition known as fluorosis, in which spots may appear on your child's teeth.

Be careful of the toothpaste you use. Almost all toothpastes contain harsh flavorings that adults barely notice, but that can sting young mouths, one reason children do not like to brush.

If your child still refuses to engage in these tooth-brushing games, make tooth brushing appear as a fun activity that they are missing out on. Have mom and dad go up to the bathroom eager to brush. Laugh a lot and make a lot of noise. Soon your child will realize that they are missing out on something fun and will want to join in.

Your enthusiasm is contagious! If you are enthusiastic about the activity, your children will be enthusiastic. Children are great emulators. They tend to want to do the things that their parents do. **If your children see you brushing your teeth and displaying good dental habits, they will follow.**

TIP: If your child loses a GROWN-UP tooth during a fall or other injury, you should:

- FIND THE TOOTH.
- Avoid touching the root.
- Carefully rinse the tooth in running water (use stopper or strainer to avoid losing the tooth down the drain).
- Place the clean tooth back into its hole in your child's mouth and have your child hold the tooth in place with his fingers. If you or your child is unable to do this, place the tooth either in saliva (under your tongue), cold milk or saline (such as contact lens solution).

Take your child and his tooth for immediate medical or dental assistance.

If you would like to make an appointment or have any questions about the care of your or your children's teeth, please call Las Clinicas del Norte's Dental Department in El Rito at 581-0028.

Announcements & News Briefs

FAREWELL to **Rowena Archibald, MD**, who is leaving Las Clinicas in mid-May. Rowena has served as the Medical Director for most of the three years she's been with the clinic and worked hard to improve our clinic services during that time. Good Luck to you, Rowena, in your future undertakings.

Las Clinicas is sad to announce the passing of a member of our staff, **Pat Gallegos**, who passed away on Easter morning. Pat was a truly kind and gentle man. Please keep the Gallegos family in your prayers.

Congratulations to **Monika Brito**, Administrative Assistant in El Rito, who delivered a baby girl on Friday, April 23. Life goes on.

PLEASE ATTEND !!! **El Rito Studio Tour Meeting**

Wednesday, June 16th, 7:00 pm

Everyone Welcome
Community Room at the El Rito Library

Applications for participation will be available and will be accepted at that time. For information call 581-4430 or 581-4780

Las Clinicas del Norte is funded in part by the U. S. Department of Health, Community Health Systems Div., Primary Care Bureau

⊗ **Community Events** ⊗

Contact Person, Joan Tollefson, Editor, 581-9103 or 581-4728

Las Clinicas 24-hour Emergency Number – 1-888-678-6160
El Rito

Las Clinicas del Norte Board Meeting – every 3rd Monday,
7 pm, El Rito clinic Community Room

El Rito Library – Tues, Wed, Thurs, 11 am – 6 pm, and
Sat, 11 am – 3 pm.

El Rito Library Board Mtgs. – every 1st Wed, 6 pm at Library

AA Meetings El Rito – Tues, & Thurs, 7:30 –8:30pm, at Catholic
Church Parish Hall, open discussion. Contact Ed S. 581-4559

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

Tutoring –El Rito Save the Children Ctr, call for info. 581-4516

Recycling El Rito – every 4th Saturday, 9 am – 2 pm, behind the
Martins Store Gas Station

NA (Narcotics Anonymous) - Sunday at 7:30-8:30 pm.
Call 581-4728 Ext.232 for meeting location.

Abiquiu

Recycling Abiquiu – 4th Sunday every month, 9 am-2 pm,
Abiquiu Las Clinicas clinic parking lot

Abiquiu Fire Dept. Mtg. – every 2nd Thursday, 7 pm at Fire
Dept.

Al-Anon Meetings Abiquiu – Monday, 5:30-6:30 pm, Abiquiu
clinic, contact numbers, 581-4471 or 685-4503

Abiquiu Library – Mon, Tues, Wed, Thurs, 12:30 pm – 6 pm
and Sunday, 9 am – 12 noon, located on the Plaza

Ojo Caliente

Ojo Caliente Fire Dept. Mtg. – every 1st Wednesday, 7 pm,
Ojo Caliente Fire Dept.

Medanales

Medanales, Rio Chama, Tierra Azul Community Mtg. – every
1st Mon, 7 pm, Medanales Comm. Ctr., ph.# 685-9416

Northern New Mexico Community College El Rito Campus

MAY 21- 22- 23

Second Annual Conference of the Adobe Association of the Southwest

There will be subjects addressing new projects, adobe education, and the manufacture and supply of construction materials. Topics of special interest are: Affordable adobe construction; thermal properties of earthen materials; historical buildings and builders of note in the US; architects/designers and developers/planners of note. Many well-known local and international speakers are scheduled, among them:

Adel Fahmy, Cairo, Egypt: "Old Traditions and New Improvements,"

Ronald Rael, Clemson University: "A Counter History of Modern Architecture,"

Barbara Narici, Milan, Italy: "Raw Earth Architecture in Italy between Tradition and

Actuality, Geologica and Mud Interiors as an Ancient Energy in Today's Immaterial Life,"

Anita Otilia Rodriguez, Mexico and Taos: "La Enjarradora,"

Susan Jerome, Mule Creek, NM: "Community Building at the Mudpit."

For conference information and registration cost, contact Quentin Wilson at 581-4156 or qwilson@mail.nnmcc.edu. Cost is \$45 for 3 days, or \$20 for single days. Come meet some very interesting people and have some fun.

For more information on campus activities feel free to contact Donald Martinez at 581-4120 or Dorothy Duran at 581-4115.

EL RITO LIBRARY

Ph. 581-4608

Tuesday, Wednesday, Thursday, 11am–6pm
Saturday, 11am – 3pm.

Your Local Resource for • **Books • Computers**
• **Videos • Books on Tape • Literacy for all ages**

NEW ARRIVALS!

The following is a list of new arrivals here at the El Rito Library. We order every month, so if you don't see a book, video or book on tape that you would like the library to have, just bring in your suggestions that might also include children's books or videos and we will be happy to order them. We encourage kids of all ages to come into the library to look at our growing collection and pick something that might be interesting to check out.

New Books: Frank Applegate of Santa Fe: Art & Preservationist/Labinsky & Hieronymus; Reading Lolita in Tehran: a Memoir in Books/Azar Nafisi; The True and Outstanding Adventures of the Hunt Sisters/Elisabeth Robinson; The Tattoo Encyclopedia: A guide to choosing your tattoo; Sacred Drumming/Steven Ash; Low' n Slow: Lowriding New Mexico; Saints of the Southwest/Jim Griffith; Celebrating Guadalupe/J.O. Dunnington; Spirits of the Earth: A Guide to Native American Nature Symbols, Stories, and Ceremonies/Bobby Lake-Thom; Southwest Kitchen Gardens/Kim Nelson; The Small Adobe House/Agnesa Reeve; Secret Gardens of Santa Fe/Sydney LeBlanc; The New Hacienda/Karen Witynski; "Memoirs" Pablo Neruda; Selected Odes of Pablo Neruda; and Extravagaria: A Bilingual Edition/Pablo Neruda.

New Children Books: Walking With Henry/Thomas Locker; Henry Climbs a Mountain/D.B. Johnson; Another Perfect Day/Ross MacDonald; Slithery Jake/Rose-Marie Provencher; Daniel's Ride/ Michael Perry; Yellow Umbrella (Book & Music CD)/Jae Soo Lui; 101 Questions About Desert Life/Alice Jablonsky; Alejandro's Gift/Richard E. Albert; Arrow to the Sun: A Pueblo Indian Tale/Gerald McDermott; and Lemony Snicket's that include: The Miserable Mill; The Austere Academy; The Ersatz Elevator; The Vile Village; The Hostile Hospital; and The Carnivorous Carnival.

New Audios: The Devil in the White City/ Erik Larson; The Reptile Room/Lemony Snicket; and The Wide Window/Lemony Snicket.

New Videos: Gabino Barrera/Antonio Aguilar; Tan Bueno El Giro Come El Colorado/Luis Aguilar; El Reyo Justiciero/Antonio Aguilar; Nosostros Los Pobres; Tambien de Dolor Se Canta/Pedro Infante; The Crime of Padre Amaro: El Crimen del Padre Amaro; Desperado; Unforgiven; Wyatt Earp; Winged Migration; Coyote Waits; The Fifth Element; and Bob the Builder and Pets in a Pickle.

FLEA MARKET/SWAP MEET

There will be a flea market/swap meet at The El Rito Library grounds on **Saturday, May 8, 2004 at 9:00 a.m.** (NOTE: the *date has been changed*, which was originally stated on last month's issue as May 15th). If you have already started your spring-cleaning and want to get rid of unneeded items and make some money, please come and participate in this event. Just call the Library at 581-4608 and reserve your spot. First Come - First Serve.

ANNUAL BOARD OF DIRECTORS

PANCAKE BENEFIT BREAKFAST

The annual benefit pancake breakfast is tentatively scheduled for **June 19, 2004**. The Library Board of Directors will be cooking up the mouthwatering pancakes. Please come join us and don't worry about having to make breakfast on this Saturday. Let us do the cooking, just come, relax, talk to your neighbors and enjoy the great food! We will have more information on this event on next month's issue of *El Aviso*.

Donations and fundraisers are what keep your Library open. If you would like to make a **tax deductible donation**, please drop off your donation at the library or mail it to: El Rito Library, P.O. Box 5, El Rito, NM 87530.

Don't forget, if you want to get involved in helping your library with fundraising events, volunteering and publicizing the library, join the "Friends of the Library". Contact Joan Tollefson at 581-9103 for more information.

ABIQUIU PUBLIC LIBRARY

We are sending out a BIG THANK YOU to all of you who helped us out at our 3rd annual "Spring Fling Benefit Dance" on April 17, 2004.

THANK YOU to the group "BRAVO", Eppie from the Blue Spruce and her family and to the guys from Springfield Security. We know that we can always count on you.

Another THANK YOU goes out to the Joe Ferran Gym Broad for the use of the gym. We all had a lot of fun dancing and visiting with all our friends and families of the library. We are especially sending out a BIG Thank You to all of those *loyal* library patrons that helped us out by donating the items that we used for the raffle and door prizes. Thank you to Sharon Burkard & Mickey Simmons, Amber A. Archer, Carmen & Frankie Lopez, Dennis and Constance Liddy, "J" Suris, Jay Buros, Ann Lumaghi, Al & Kathy Losetter, Tito & Helen Lopez, Regalos De Abiquiu, Alex & Clare Villa, Eppie Jaramillo, Stan & Arlene Bader, Sabra Moore, Ton & Ans Haak, Dick Lumaghi, Rabia & Benjamin van Hattum, and Dennis & Julie Posey for the fantastic items you donated. Everyone really appreciated all the great prizes. We will always keep you in our hearts for all that you have done to support our library and it's future.

We would also like to express our gratitude and thanks to those of you who are always ready in dedicating their time and donations to the support of our library. We would not be able to keep our library going as strong without your help and support. This was our third year for the "Spring Fling" fundraiser dance, and every year we are getting better support and response from new community members. We believe that your needs are important and we will continue to work hard in improving our library for you and your families.

Our tutoring program ending the last week of April. For four months every Tuesday and Thursday, the library was transformed into a lively place by the presence of the 17 different children that were regularly in the program. We could not have succeeded without the help of 11 dedicated volunteers and many other fine folks who dropped in occasionally to help. We are especially thanking volunteer Susan Martin who recently purchased a number of beautiful, high-quality math games for this program.

Coordinator Rabia van Hattum gave a presentation about the tutoring program to the New Mexico Children's Foundation that was very well received. They will be making a site visit soon. We are grateful for their renewed support in 2004 along with volunteer Sophie Swingle. Rabia is presenting a "Hats Around the World" event for the children. This learning activity will allow the children to try on all kinds of hats, while learning about where they come from in the different places of the world. They will be labeled by the children and mounted in our exhibition case, so come by and see this fun exhibit put together by our children!

The **Summer Reading Program** is coming soon! This year's theme is "READiscover New Mexico". We will be reading lots of books about New Mexico's cultures, environment, fables and fiction and just about anything silly or not, if it is a story about New Mexico we will try to read it. If you have any stories, cuentos, recipes, crafts or any ideas to share, call us and let us know; we are always happy to have new friends!

Library Hours

Ph: 685-4884

Sunday – 9:00 am – Noon

Monday, Tuesday, Wednesday & Thursday
12:30 pm – 6:00 pm

Closed: Friday, Saturday and Most Holiday