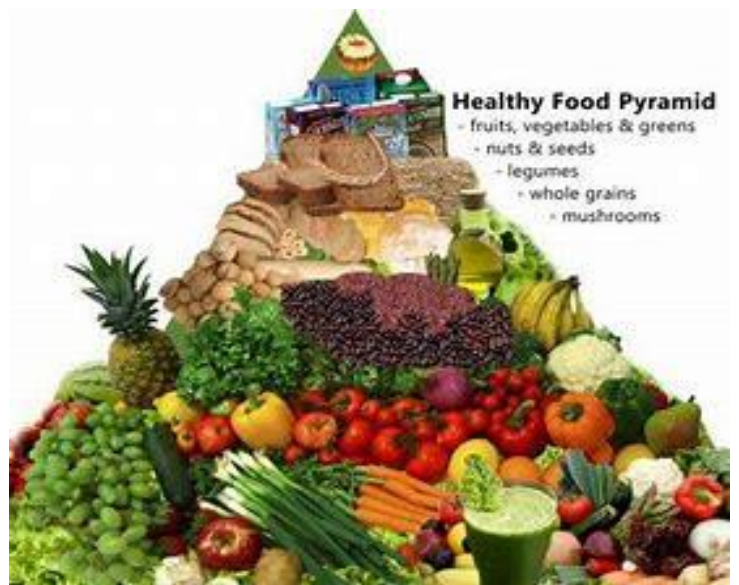


## Are you mystified by nutrition and oral health?

My answer: **aren't we all!!** Unfortunately lack of knowledge and lack of time in today's modern society is just the norm. However, this doesn't have to be the case. The strong links between dental health and our physical health are compelling. From a very early age, there is strong evidence linking poor nutrition and poor dental health. Unfortunately, due to time constraints, poor

nutrition and poor oral hygiene, we have witnessed a rise in children's dental decay. This is a traumatic situation for all concerned, especially the child. Early tooth loss caused by advanced tooth decay can result in failure to thrive, for many young **children**. **Oral health** problems can lead to impaired speech development, inability to concentrate on important early learning experiences, and absences from school or child development programs. Imagine the pain and difficulty caused when eating, not to mention pain that prevents restful sleep. Convenience has a lot to answer for. Over loaded Sugar intake, in every processed product we buy, including sports drinks, manufactured juices, soft drinks and flavoured milks. We need to think long and hard about our choices. Is it possible we could relax our limitations and bond with our children over food, by including them in both the purchasing and the preparation. Bringing an awareness to our children, into what each food contains, bonding over a specially created mum/child juice, and experimenting together with new foods and new ideas of preparation and cooking. Creating positive memories together, forever. How precious!! Keep it simple, it doesn't have to be time consuming and difficult. Lots of vegies, and around 3 serves of fruit. Don't forget breads and cereals, wholemeal is always best. Beware of the amount of sugar contained in processed cereals. Maybe you could buy some awesome grains and seeds, add a little dried fruit, remembering it is high in natural sugar, and finish it off with a little local honey. Yum Lots of nuts and seeds if appropriate for the child's age. Add a good serve of meat/ eggs etc, and, please don't forget the good old dairy: cheese, milk, soy or yogurt is vital for healthy growth. Go on a fun excursion together, to a local farmer's market. You will be amazed at how much fun you all have, not to mention all the amazing local products available to purchase. Make a real event of it, have a fun wholesome picnic afterwards.



**Reminder: Regular Dental Visits Should Begin Around 2 years of age!**