

The **Tooth Fairy** is here to remind children and families their **smiles can bring joy!**

In this newsletter

- ✓ Tooth Fairy Tour dates
 - ✓ Louisville Free Public Library storytime series
 - ✓ Tooth Fairy Trolley at Norton Healthcare locations
- ✓ Visit our new Tooth Fairy website
- ✓ 2023 highlights of dental health programming
- ✓ Clinician tips for dental health



Image taken from *"My Smile Brings Joy"* original sing-a-long
about dental health featured at [Tooth Fairy Tips | Norton Children's Louisville, Ky.](#)
([nortonchildrens.com](#))

The Tooth Fairy Is Coming to Town

February is National Children's Dental Health Month. To celebrate, the Tooth Fairy will be visiting Louisville Free Public Library branches to read books and sing songs with children and their families.

Join in the fun and learn about how to take care of your teeth and have a bright, joyful smile.

Children who come meet the Tooth Fairy will receive a healthy teeth kit and a board book.



Tuesday, Feb. 6, 2024

Northeast Regional Branch • 15 Bellevoir Circle

10 a.m. – Storytime for toddlers

11 a.m. – Storytime for preschoolers

Wednesday, Feb. 7, 2024

Southwest Regional Branch • 9725 Dixie Highway

10 a.m. – Storytime for toddlers

11 a.m. – Storytime for preschoolers

Thursday, Feb. 15, 2024

St. Matthews Eline Branch • 3940 Grandview Ave.

10:15 a.m. – Storytime for preschoolers

11:15 a.m. – Storytime for all ages

Wednesday, Feb. 21, 2024

Fairdale Branch • 10620 W. Manslick Road

10:30 a.m. – Storytime for toddlers

11:30 a.m. – Storytime for preschoolers

Crescent Hill Branch • 2762 Frankfort Ave.

3 p.m. – Storytime for all ages



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Tooth Fairy Trolley

Look out for the Tooth Fairy pushing her trolley of toothbrushes and goodies this February.

Employees on-site can enter a raffle to win an electric toothbrush kit!

February 8th

Norton Children's Medical Group

Primary care monthly manager's meeting

February 12th

Norton Clark Hospital

February 13th

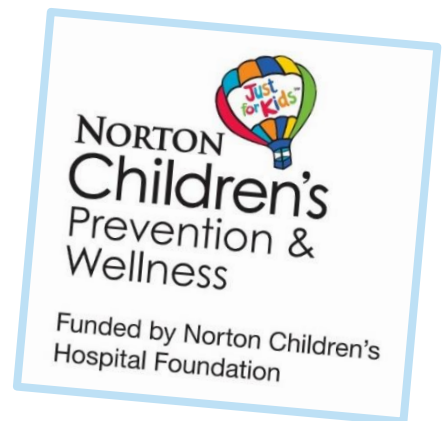
Norton Children's Hospital

February 13th

NOVAK Center

February 19th

Norton Women's and Children's Hospital



You don't have to stay up all night to meet the **Tooth Fairy** anymore!



www.nortonchildrens.com/toothfairy

Children and their families can learn with the Tooth Fairy about keeping their teeth healthy through Tooth Fairy tips, **sing-a-longs**, and **storytime**. Families can also print their own **Tooth Fairy certificate**.



2023 highlights

1,700 individuals received personalized education about preventative dental health in 2023.

During dental health month we **reached over 400 children with caregivers present**. Events were held through the Louisville Free Public Library featuring Flossasaurus the dental puppet.

Norton Children's Medical Group **annual re-education** included visits to all primary care clinics to educate, advocate, and answer questions with providers and staff on-site about dental health.

The Kentucky Dental Association allowed us to present to their board advocating for bi-direction referrals and integration of prevention and wellness resources within dental clinics.

Mothers participating in Norton Doula Services or in the M.O.S.T. program were linked to a dentist with financial assistance available if needed for dental care through our 12 month pilot program "**United for Smiles.**" Findings and future creative work with Norton OB services is currently being reviewed.

To begin our work to **supplement dental clinics with resources** to increase community holistic health and safety, we launched our website: [For Dental Professionals Only | Norton Children's Louisville, Ky. \(nortonchildrens.com\)](https://nortonchildrens.com). This website in 2024 will host **regularly updated wellness and safety newsletters**.

Dental Health Tips for Your Patients

According to the American Academy of Pediatrics, 84% of parents rely on their pediatrician for oral health advice for their children.

It's a fact: Cavities cause pain, early tooth loss and, when left untreated, can lead to severe infections in the mouth and throughout the body. Following the "2s of dental health" can help prevent cavities and promote a healthy mouth.



The **2s** of dental health



Brush your teeth **2** times a day for **2** minutes.

Visit the dentist **2** times a year by age **2**.



Apply fluoride varnish **2** times a year at the pediatrician's office.

Share these easy-to-remember tips with your patients and their parents!



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Our dental hygiene infographic with a coloring page on the back for pediatric patients can be ordered at:

Clarks and Riggs: **NCPW-112948 POD**

Dental health is an important part of your child's overall health!

Practice good dental hygiene for healthy teeth and gums.

Did you know?

-  Tooth decay is the most common chronic childhood disease.
-  Cavities are five times more common than asthma. Children with poor dental health are three times more likely to miss school.
-  Your children need to have their first dental checkup by age 1. Dental checkups will help keep them healthy and cavity-free!
-  Your children should brush their teeth every morning and night. Show them how to brush, then have them brush by themselves. Most children are able to properly brush by themselves around age 6 or 7.
-  For children up to age 3, use a smear of toothpaste the size of a grain of rice on their toothbrush. Children age 3 and older should use a pea-sized amount.
-  Soda and sugary juice drinks may taste good, but they are not good for you. Soda has no nutritional value and is high in sugar. Sugar from drinks sits on our teeth and causes decay — drinking water always is best!



For more health and wellness tips, visit NortonChildrens.com.

For help finding a dentist, contact your Norton Children's pediatric provider.

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HOW TO BRUSH YOUR TEETH

Make sure to use a soft toothbrush!

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1 PUT SOME TOOTHPASTE ON YOUR TOOTHBRUSH.
- 


2 BRUSH YOUR FRONT TEETH.
- 

3 MOVE THE TOOTHBRUSH IN A CIRCLE.
- 

4 BRUSH YOUR BACK TEETH.
- 

5 RINSE YOUR MOUTH WITH WATER.
- 

6 FLOSS YOUR TEETH.



NORTON Children's Prevention & Wellness

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Upcoming community classes



Safe Baby

Safe Toddler



Safe Grand-
parents

Safe Sitter



Safe Kids,
Safe Storage

Car seat
checks



N-O-T Not
on tobacco

Growing
Cooks



January 9th
N-O-T Not on tobacco

January 11th
Virtual Safe Baby

January 18th
Virtual Growing Cooks
"Egg Roll in a Bowl"

February 8th
Virtual Safe Baby

February 15th
Virtual Growing Cooks
"Warm Brussels Sprout Salad"

February 20th
Safe Sitter with \$30 fee



[Classes and Events | Norton Children's
Louisville, Ky. \(nortonchildrens.com\)](https://www.nortonchildrens.com/classes-and-events)

To schedule a car seat check with our team:
[Car Seat Checks | Norton Children's Louisville, Ky.
\(nortonchildrens.com\)](https://www.nortonchildrens.com/car-seat-checks)