



## Saco School Department

Dear Parents/Guardians:

February is dental health month and oral health is an important aspect of your child's overall health. Early tooth loss due to dental decay can result in impaired speech development, school absences and poor social relationships. Children experiencing dental pain are unable to concentrate in class.

The nurses in Saco Schools would like to share some tips and information for keeping your child's teeth and gums healthy:

- 🍏 Brush Teeth at least twice a day
- 🍏 Use dental floss every day
- 🍏 Use fluoride toothpaste and mouth rinses
- 🍏 Limit sweets and soda
- 🍏 Wear protective mouth guards during athletic events
- 🍏 See the dentist for regular check-ups; having a dental home is important for comprehensive dental care

### **Resources for those who do not have a Dental Home:**

**Community Dental:** 57 Barra Road Suite #3 Biddeford 282-1305; [www.communitydentalme.org](http://www.communitydentalme.org)  
Monday-Thursday 7am – 5:30pm & Friday 8am – 4:30pm

***\*They accept Maine Care, offer low-income, sliding scale.***

They offer the following services for children & adults:

- Oral Exams
- Cleanings
- Fillings
- Oral Surgery
- Fluoride Treatments & Sealants
- X-Rays
- Emergency Dental Care

**Biddeford Saco Dental Associates:** 282-9962, 323 Main St, Saco; [www.biddefordsacodental.com](http://www.biddefordsacodental.com)

### **The Saco Nurse Team:**

Sandy Lauzier, RN ~ Burns School      Joan Holmes, RN ~ Saco Middle School

Jessica Morgan RN ~ Young & Fairfield      Moriah Goff, LPN ~ Young & Fairfield