

## Spring Newsletter 2016

Welcome to our spring newsletter which provides news and updates about the practice and staff, plus useful information about how to maintain your dental and oral health

### Regular Hygiene Visits

Did you know that as part of your Denplan membership you are entitled to regular visits with our Hygienist, Jacquie Bamber?



Jacquie qualified from Edinburgh University Dental Hospital and went on to obtain a certificate in Oral Health Education and a degree in Educational Studies.

She has been with KDC for 9 years and strives to maintain the strong preventive ethos within the practice.

Jacqui works every Monday and the first Wednesday of every month. If you would like to include a regular hygiene visit as part of your treatment plan please ask the Dentist about a referral to the hygienist.



### Practice News

#### Farewell to Jane!



We are sad to announce that our dear colleague Jane Baxendale will be leaving us in May after 16 years with Kendal Dental Care.

Jane has been a loyal and valued member of staff and we would like to thank her for all her hard work and send our very best wishes for her new role as a Dental Nurse with the NHS at Westmorland General.

She will be much missed by staff and patients alike.

**Good luck Jane! xx**

### Its in the bag with Denplan!



**Denplan are currently running a great spring offer.**

**Anyone registering during April 2016 will receive a free oral health travel bag worth £42.95**

**Please ask at reception for a leaflet or to make an appointment with the dentist for an assessment.**



### **How to help parents/guardians improve a child's dental health**

It is important to offer parents and guardians simple and effective advice and guidance about how they can care for their child's dental health at home.

Helping to clean their child's teeth should be part of the daily hygiene routine. Parents may find it easier to sit or stand behind young children cradling their chin in their hand so they can reach their top and bottom teeth more easily.

The following tips should be given to parents:

- When the first teeth start to appear, try using a toothbrush designed for children with a small smear of fluoride.
- You should supervise your child's brushing until they are at least 7 years of age.
- Once all the teeth have appeared, use a toothbrush with a small head and soft bristles in a small circular movements and try to concentrate on one section at a time.
- Don't forget to brush gently behind the teeth and onto the gums.
- If possible make brushing part of a routine, usually just before the child goes to bed and at least one other time during the day.
- Remember to encourage your child – praise often gets results!

### **2016 Holiday dates for Kendal Dental Care**

Easter	-	Good Friday 25 <sup>th</sup> March & Bank Holiday Monday 28 <sup>th</sup> March
April	-	Monday 4 <sup>th</sup> April to Friday 8 <sup>th</sup> April
May	-	Monday 23 <sup>rd</sup> May to Friday 27 <sup>th</sup> May
October	-	Monday 10 <sup>th</sup> October – Friday 14 <sup>th</sup> October

During these times emergency treatment will be available. Please call the practice number to obtain more information about emergency cover.