

Volume 1 Issue 4

Official Publication of Shadow Creek Ranch

April 2009

Stork Report n Shadow Creek Ranch baby boy Lucas Mateo Cuellar Born 1/28/09 at 8:49 a.m. 7 lb. 6 oz. 191/2 inches Proud parents: Mauricio and Amy Cueller Congrats! Submit your information on the arrival of your little one to msmith@amitx.com

GREETINGS Shadow Creek Ranch

It is my pleasure to introduce you to our new On-Site Maintenance Engineer. You may have seen him driving through the neighborhood in his white Chevy SS10. His name is Mark Simien and we are happy to have him on board. Mark is out in the community everyday checking on your playgrounds, monument lights, recreation centers etc. If you see him, say hello and welcome him to the community. He has been with us since the end of February and has already proven to be an asset to Shadow Creek Ranch.

I'm getting a lot of calls regarding the need for lawn maintenance. Once again, get ready for summer. Take pride in your lawn and remember that the appeal of your community is affected by the way you keep your lawn. Get rid of the weeds in the lawn, bushes and driveway cracks, mow once per week beginning in April and be sure to water often to keep your lawn from dying. If you have received more than two letters you are on your way to getting a DEMAND letter. If our requests are not adhered to, the next step will be determined by the association's attorney. Please understand that these are measure that we must take to enforce the written bylaws of your community. The staff that takes your call does not have the authority to change these bylaws. These regulations are what keep the continuity and beauty of your neighborhood.

As the weather warms up please remember that the children will be out playing more often. For the safety of the children, do not park your cars in the street. Little children are spontaneous. It only takes a second for them to run out to catch the ball, or swoop down their driveway on their bike. If you park in the street, a car coming down the road will not see the child and may not have time to stop. So please, be considerate, respect life and take care of the little ones. Park your car in your driveway or garage. If you don't have room in your garage and you have three cars, it is worth it to make room and save a child.

Take Care and Happy Holidays Melanie Smith

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	
Fire	
Ambulance	
Sheriff – Non-Emergency	

SCHOOLS

Mary Marek Elementary	
Laura Ingalls Wilder Elementary	
Manvel Junior High	
Alvin Senior High	
Manvel High School	
Alvin ISD Administration	
Alvin ISD Transportation	

UTILITIES

Electricity - Reliant Energy	
Gas - Center Point	
Trash Removal - City of Pearland	

OTHER NUMBERS

Pearland Post Office	
Poison Control	800-764-7661
Brazoria County Health Department	979-864-1484
Animal Control	

CITY

Pearland City Hall	
Pearland Utility Billing - Water Dept	
Pearland Animal Control.	
Pearland Police Dept - Non-Emergency	
Pearland Public Works	

NEWSLETTER

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School Zones

School is in session and Shadow Creek has 3 schools that are in our area that have kids walking home. The school zones are there to protect our kids from unnecessary accidents due to people not following the speed limit. The school zones times for the morning is 7:15am - 8:15 am and in the afternoon it is 2:45pm until 3:45pm during this time in these zones the speed limit is 20 mph. Use caution when kids are in cross walks we have had kids hit in the cross walks by poor judgement by the drivers. Just because some area's have crossing guards does not mean to rely on the guard to know right from wrong. Us good judgement and our kids will arrive home with out being hit by a speeding car or a driver with poor judgement.

You can contact Lt. J Caballero 281-652-1132 to let him know of any issues regarding the school zones

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Progressive Dinner

Our next progressive dinner will be in June or July. If you would like to join us please email angelicque@guzmanexpress.com to be added to the list.

What is a Progressive Dinner Party?

Our progressive dinner party is held at a number of different homes, with each home hosting a separate course. We have 1 appetizer house, at least 2 entree houses and 1 dessert house. Everyone is assigned a house to help with the food. Each course lasting approximately 30 to 45 minutes. This allows for enough variation in scenery and food, yet still keep the evening's progression running smoothly and in a timely fashion.

Would you like to be part of a social event where a group of neighbors each contribute to a potluck style dinner party where each course is served in the host's home. If so email angelicque@guzmanexpress.com to be added to the guest list.

SOCIAL CLUB

Ladies Lunch Club

Looking to meet your fellow neighborhood ladies? Then join us once a month for lunch just email angelicque@guzmanexpress.com and let her know you would like to join the lunch club.

We meet at restaurants around town. With all the new restaurants here in Pearland we have been able to stay in the area and try some great food. We would love to have you join us.

<u>Adult 4 v 4 Summer Soccer League</u> <u>& Tournament</u>

Visit www.shadowcreeksoccer.org for more information and to register as an individual or as a team. 6 season games with week 7 single elimination tournament. Individuals registrants will form teams through a draft after a June 7 group play. Teams must register each individual on website, indicate team name, and make payment individually. Referees needed: \$20 per 40 minute game. Please inquire at info@shadowcreeksoccer. org

Party Bridge

If you like to play bridge you do not have to go far to enjoy a game once a month right here in Shadow Creek Ranch. We welcome all levels of player. If you are interested in learning the game this is a great way to start. For more information e-mail Barbara at bfgiddens@hotmail.com

Scrapbooking

Do you like to scrapbook? Want to meet others that like to scrapbook? Want to learn how to scrapbook? Email Joan Riggs RaisingAlexis@gmail.com or join the Yahoo group: http://groups.yahoo.com/group/ scrscrappers/ to find out more information.

(Continued on Page 4)



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Social Club- (Continued from Page 3)

Volleyball

Volleyball will begin again March 16th at 6pm at the Reflection Bay Rec. Center.

Spring/Summer/Fall Sand Volleyball

Where: Reflection Bay Rec. Center

When: Every Fri at 6PM (weather permitting)

Who: Anyone 14 and up (as long as you can get the ball over the net) Check out the website info at http://soccer.meetup.com/63 email me at davidsayroo@yahoo.com

Book Club

Greetings Book Readers,

We look forward to seeing you for our spring reading in March. Please email katrinalockett@hotmail.com to be added to the list for updates and invites.

BUNCO

Our Bunco groups are growing so fast! Would you like to play? A 4th Bunco group is starting to join email angelicque@guzmanexpress. com. You don't have to know how to play to join. It will be once a month in the evening. Or if you would like to be a sub for the current groups email me and let me know you are interested in that so we can get you on the list.

Pearland Area Community Emergency Response Team

The Pearland Area Community Emergency Response Team (CERT) is needing your help in letting your community know that we are currently forming our Spring 2009 & Fall 2009 classes at no charge. We are a trained volunteer organization that supports our professional emergency responders and community in the event of a disaster. After Hurricane Ike, many people are looking for ways to better prepare themselves, their families and community and CERT is a great opportunity to do so. There are two classes that are coming up soon: Spring 2009 - Class 6

Saturdays - March 7 - April 18

8 a.m. – 12 p.m.

Fall 2009 - Class 7

Wednesdays - Sept. 9 - Nov. 7

7 p.m. – 10 p.m.

For more information, please visit <u>www.pearlandcc.org</u>. We hope you can help and thank you for your time.

Cuong Le

Pearland Area Citizen Corps, CERT Director www.pearlandcc.org



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Let Freedom Sing **Talent Search**

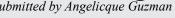
Pearland Town Center pavilion, 11200 Broadway St., Pearland, TX 77584 Date: Sat. April 18, 2009 Time: 2 p.m.

Cost: FREE

Pearland Parks and Recreation will host its 3rd annual "Let Freedom Sing" Talent Search. New this year: the preliminary competition will be held at the Pearland Town Center in front of a live audience. This year's competition will also include both adult and youth divisions. Eight finalists will be selected during the preliminary round. Each of the finalists will then perform at one of the Summer Concerts at Southdown Park in May and June. Two winners will then be selected to perform at the city-wide July 4th Celebration of Freedom at the Pearland High School football stadium. Call 281-652-1673 or log onto www.pearlandparks.com for more info.



Gardening Submitted by Angelicque Guzman



There is no better time to divide perennials than when they first start growing in Spring. Dig the entire clump up and use your hands to feel where the plant can or cannot be split. Use of a knife to assist in the splitting may be necessary on tougher, woodier perennials. When replanting the new clumps, make sure to add organic matter to the hole, which will give the new roots a healthy start.

Set out pansy plants as soon as the ground is ready. They will flower continuously if the old blossoms are kept picked.

Hydrangeas, buddleias, and other late flowering shrubs may be cut back to produce a new flush of growth. These plants flower on new wood and do not produce as well on older wood.

Hybrid Tea Roses should be fertilized prior to buds beginning to bloom. Using a systemic fertilizer will help prevent insect infestation later in the summer, as it feeds your rose. Plant new rosebushes before growth starts and buds swell.

Plant perennial vegetables like asparagus, rhubarb, horseradish,etc. It's also time to plant peas, carrots, beets, spinach, cauliflower, cabbage, etc. Root crops like potatoes, radishes, parsnips and onions can be planted at anytime. Late this month you can plant beans and corn. Warmer weather crops like tomatoes, squash, cucumbers and peppers should not be planted until next month.

Early blooming shrubs can be pruned after they have ceased flowering.

It is wiser to attack weeds as soon as they appear. They can be eradicated much easier now than when the have become established.

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Remember when everyone knew their neighbors? Kids played kickball in the street or yards and rode bikes every evening while parents sat on the front porch talking with friends and sipping iced tea. It was normal to knock on your neighbor's door and ask to borrow a cup of sugar. Today neighborhoods seem to have lost that sense of community. Families huddle inside their houses, afraid to learn who lives next door. Start a tradition in your neighborhood by planning a block party. Neighborhood block parties are a fun way to meet neighbors, build friendships, and develop a sense of belonging and security among residents.

PLANNING

The first step in planning a block party is to choose a date and location. Get together with a few neighbor friends and find out what date works best for everyone. This way you're guaranteed to have at least a few families in attendance. Most block parties are held in the afternoon to evening. Don't plan the event for a holiday weekend, since most people will already have other commitments. Also, take weather into consideration and since warm weather is around the corner start planning now. Plan the party far enough in advance so people can put it on their calendars and you have enough time to organize it all. If there are other people willing to help with the planning, welcome them. And don't forget to contact the City of Pearland - you may need to apply for a permit.

Choose a location that will accommodate a large number of people. You will have chairs, grills, coolers, tables, and more, so make sure to find a space that is large enough. When I organized a block party for I made sure to choose a site that would be shaded during our afternoon party. Find a setting where kids will have lots of room to play. Having the party in a cul-de-sac is also a nice option. Make sure the location is accessible to all people invited, and don't block off driveways or traffic on through streets.

COST

The cost of a block party varies. Block parties can be thrown with no cost at all if everyone pitches in. An elaborate party with musicians, inflatable water slides, and helium balloons will be pretty pricey. If you plan on throwing a larger-than-life bash, make sure there is a money source. Survey the neighborhood and ask if each household would be willing to chip in \$10 towards the party. As the planner, make sure money is available before hiring entertainment and purchasing supplies. Without proper planning, you could end up footing the bill in the end. That being said, there are easy ways to keep costs down and still have a great time. I'm all about saving money, so the rest of this article will focus on planning an inexpensive but fabulous block party. INVITATIONS

First invite every resident no one wants to feel left out, so do your best to include as many neighbors as possible.

Make an attractive flyer and deliver one to each home on your block about one month in advance. I like to make colorful flyers that are eye catching and fun. Print the flyers on your home computer. Include the date, time, and location of the party, a contact person for RSVPs, and a list of things to bring. What should people bring? I suggested bringing the following: lawn chairs or a blanket to sit on, who has a grill to share, who has a tables to share, who will grill or will each family grill their own, drinks, plates and utensils, meat to grill, and a side dish or dessert to share. Make sure this is incorporated into your flyer.

Although it may be time consuming, the best way to deliver these flyers is door to door. When I say door to door, I mean walking up to your neighbor's front door, knocking, and cheerfully speaking with the person who answers. Inviting someone in person is much more personal and effective than just sticking a flyer on their front door and walking away.

FOOD

You can't have a terrific party without delicious food. The cheapest and easiest way to organize food for a neighborhood block party is to have a potluck. Potluck meals are usually jam-packed with fabulous dishes because people prepare their all-time favorite recipes. Casseroles, salads, breads, and desserts are among the most popular potluck cuisine. There will most likely be children at the party, so make sure there are plenty of kid friendly food options. When people RSVP, ask them what pot luck dish they plan to share. As the organizer, keep a list of what people are bringing to make sure you don't end up with eight pasta salads and no cookies. As stated on the invitation, families will bring their own drinks and meat for the grill. A potluck meal simplifies the food planning duties of the organizer.

ACTIVITIES

Most of the planned activities at the party will be centered on keeping the kids happy and entertained. Red rover, capture the flag, potato sack races, and tag are all fun outdoor activities that require minimal equipment and set up. For very young children, duck duck goose and red light green light are fun and age appropriate. If you'd like help with kids' activities, ask each family to bring something fun for the kids to do during the party. Sidewalk chalk, frisbees, kites, balls, water balloons, inflatable swimming pools, sprinklers, and slip n' slides are all tons of fun. If you plan for water activities, check for a water source nearby before the day of the (Continued on Page 10)

Let Your Voice Be Heard

Vote: Fire/Police Station • Library • Regional Sports Park

Shadow Creek Ranch is a special place that prides itself on being a community that offers families a great lifestyle with lots of amenities. Amenities that include, but are not limited to 300 acres of lakes, numerous parks, over 22 miles of hike and bike trails, and four recreation centers [the first three of which are already built.] In total, more than 700 acres have been designated as "open space" providing the community recreational enjoyment and visual enchantment.

In addition to aesthetic and recreational amenities great care was taken to plan for educational, commercial, retail, health care and public facilities. Sites were planned throughout the community in ideal locations for schools, day cares, shopping, hospitals, etc.

Included in these sites were City of Pearland facilities including fire and police stations, a library and a regional sports park. The land use plan was presented and approved by the City of Pearland. Shadow Creek Ranch loaned the funds to the City for the acquisition of both the sites for the fire/police station and library with the understanding that that was the intended use of the sites. To this date the intended use has never changed. The developers of Shadow Creek Ranch donated a 120-acre site valued at \$11 million to the City of Pearland for use as a regional sports park. In addition, they constructed the first phase of the nature park and trail system. (Along with all the pocket parks within the community.) At this point the developer has no direct control over these sites as the City now holds the title to them. The City Council will decide when and how each of these facilities will be built. In 2007, Proposition 4 passed including \$8,360,292 for Phase I of the estimated \$20 million regional sports park at Shadow Creek Ranch. At this point only a couple of initial designs have been developed.

What Can You Do?

As constituents you can help persuade your city council members to move forward with these facilities sooner rather than later. Organizations such as Friends of Pearland Westside Library (fopwl. com) can have a great impact on bringing these amenities to Shadow Creek Ranch. The developer encourages homeowners to get involved and participate in groups that can help move these projects along.

Let your voice be heard. Vote online at: www.shadowcreekranch.net/vote



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RECYCLING

Submitted by Angelicque Guzman

Recycling is the process of taking a product at the end of its useful life and using all or part of it to make another product. The internationally recognized symbol for recycling includes three arrows moving in a triangle. Each arrow represents a different part of the recycling process, from collection to re-manufacture to resale. Recycling reduces our waste sent to landfills, and making new products out of recycled ones reduces the amount of energy needed in production.

The U.S. EPA estimates that 75 percent of our waste is recyclable, which goes well beyond what you toss in your recycling bin at home or at school. Recycling serves two key purposes:

- 1. It keeps valuable material such as aluminum and paper **out of landfills**, so this material can be reused in other forms and not wasted.
- 2. It **prevents hazardous materials** and chemicals such as lead and mercury from ending up in landfills, which can contaminate soil and leach into our drinking water

It's important to recycle lots of products, including those that you might not initially think of recycling. This includes batteries, electronics, motor oil, paint and any product that has "Caution" or "Warning" on the label.

Did You Know

Used aluminum beverage cans are the most recycled item in the U.S., but other types of aluminum, such as siding, gutters, car components, storm window frames, and lawn furniture can also be recycled.

What to Recycle and Not

Obtain your recycling bin today at the Utility Billing department at City Hall, 3519 Liberty Dr. Find out more by calling 281-652-1603.

Curbside Recycling is available inside Pearland city limits only. For more information on recycling go to <u>www.keeppearlandbeautiful.</u> <u>org</u>.

	Newspaper	Cans	Glass	Plastic
Yes	Newspapers	Aluminum Cans Steel Cans	Colored and Clear Bottles and Jars	Clear and colored Number 1 and Number 2 plastic bottles, i.e. soft drink and milk bottles
How	Place under other items in bin or in brown grocery sack beside bin	Rinse thoroughly	Remove lids and rinse thoroughly. Metal lids can be put into bin	Rinse thoroughly, remove lids and rings and discard
No	NO phone books, coated paper, office paper, envelopes, or magazines	No paint cans, scrap metal, aluminum foil, pie tins	NO light bulbs, plate glass, mirrors, ceramics, beverage glasses	NO plastic bags or plastic wrap

PLEASE FOLLOW THE BELOW GUIDELINES FOR RECYCLING.



⁸ Shadow Creek Ranch - April 2009

Printing & Publishing Publishing Community Newsletters Since 1991

-- Austin --

Avery Ranch **Barton Creek Barton Hills** Belterra Canvon Creek Cherry Creek on Brodie Lane Circle C Ranch Courtyard **Davenport Ranch** Forest Creek Granada Hills Heatherwilde Hidden Glen **Highland Park West Balcones Jester Estates** Jester Farms Lake Pointe Lakewood Laurel Oaks NA Legend Oaks II Long Canyon Lost Creek Meadows of Bushy Creek **Pemberton Heights** Ranch at Brushy Creek **River Place** Sendera Shady Hollow Sonoma South Lamar NA **Steiner Ranch** Stone Canyon The Hills of Lakeway **Travis Country West Twin Creeks** Villages of Westen Oaks Westcreek Westminster Glen Wood Glen

-- Dallas --

Craig Ranch Estates of Russell Creek Hunters Glen Waterford Parks

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Brook Meadows Timarron Woodland Hills

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Bentley Manor Cordillera Ranch Iron Horse Canyon Stonewall Ranch The Dominion Wildhorse



-- Houston --

Blackhorse Ranch Bridgeland Coles Crossing Cypress Mill **Enchanted Valley** Fairfield Harvest Bend The Village Lakes of Fairhaven Lakes on Eldridge Lakes on Eldridge North Lakewood Grove Legends Ranch Longwood Pine Brook **Riata Ranch** Shadow Creek Ranch **Steeplechase** Stone Gate Summerwood Village Creek Willowbridge Willowlake Willow Pointe Winchester Country Winchester Trails Windermere Lakes Wortham Villages

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Get to Know Your Neighbor - (Continued from Page 6)

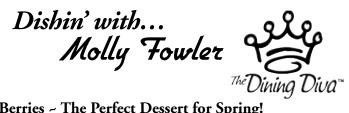
party. Most importantly, make sure the kids are always supervised around water.

While the kids are playing games, the adults can mingle, eat, and get to know each other. Name tags might be helpful in a large group of newly acquainted neighbors. It's fun to have music in the background, so delegate someone ahead of time to set up a music. There are lots of games adults can enjoy with the kids. Bobbing for apples, water balloon tosses, and watermelon seed spitting contests are lots of fun for all ages. There are hundreds of games, sports, and other activities that would be entertaining at a block party. Choose some that will be a big hit with everyone.

THE DAY OF THE PARTY

With organized planning, the only size-able tasks on party day will be setting up and cleaning up. When the big day arrives, recruit some older kids to set up tables, grills, coolers, and chairs about an hour ahead of time. As people start to arrive, introduce yourself and offer a name tag to each person. Place potluck dishes on tables. Direct the kids to the play area. Don't forget to be flexible if things don't go exactly as planned. Remember that the main reason for the get together is to relax and get to know one another. So sit back and enjoy yourself. Soak up the sense of community that is building. Watch the kids play as the adults talk, laugh, and sip iced tea like the good old days.





Berries - The Perfect Dessert for Spring!

Luscious berries are now available in grocery stores and farmer's markets. Showcase them in this yummy, and easy dessert! Lemon curd is a key ingredient to this recipe. It is a cooked, creamy mixture made from sugar, egg yolks, lemon juice, and butter. It is a delicious spread for biscuits or muffins. You'll find it near the jams and jellies in your better supermarkets, or in gourmet stores to purchase.

Lemon Berry Delight

Serves 4

2 Cups Mixed fresh berries 1/4 Cup Sugar (or more to taste) 1/2 tsp Pure vanilla extract 1/2 Cup Lemon curd 1¹/₂ tsp Lemon zest

- ¹/₂ Cup Heavy whipping cream

Mind sprigs to garnish

Gently combine mixed berries with sugar and refrigerate about 30 minutes. In a large bowl, stir together the lemon curd and the lemon zest. In the bowl of an electric mixer, whip the cream with the wire whip until stiff peaks for.m. Stir in vanilla. Gently fold the whipped cream into the lemon mixture. In parfait glasses or dessert dishes, alternate layers of cream mixture with berries. Garnish with mint sprigs and serve.

Happy Spring! Molly - www.thediningdiva.com



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Pearland Parks

Easter Egg'stravaganza Centennial Park, 3219 McLean Rd, Pearland, TX 77584 Date: Sat. April 4, 2009 Rain Date: Tue. April 7, 2009 Time: 10 a.m. SHARP Cost: FREE

Come join us for a hopping good time! Bring your family and picnic in the park while participating in an egg hunt and fun activities. The Easter Bunny will be on hand for complimentary photos with the kids. There will be a separate egg hunt per age group. Children 6 years and younger will hunt with their parents. Children 1st through 4th grade will hunt unassisted. Each group will have its own start time between 10am and 12:30pm. Call 281-652-1673 or log onto www.pearlandparks.com for more info.



BRAND NEW The Shadow Creek Ranch Swim Team

Tryouts to be held in the beginning of June – ages 6-11 Details to follow in the May issue and at www. shadowcreekranchhoa.com

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Healthier Homes

By Charles & Michelle Bubnis

Have you ever walked around the neighborhood and looked for pre-emergent weed control. Biological controls for insects can a healthier turf.

Don't use Weed and Feed. 2 4-D the pesticide in most Weed mentioned earlier. and Feed product is neurotoxic and contains half of the ingredients are tracked or drift inside where they remain on surfaces or in the (little children spend lots of time playing/crawling on carpet). Also, Weed and Feed can actually hurt the health of the lawn by killing beneficial microorganisms, insects and earth worms that but more importantly, you will know that it truly is healthier and maintain a healthy grass.

Instead, consider building up the health of the soil through Resources: yearly aeration and organic compost application (ex. Farm Style Compost from Natural Gardener). Corn Gluten can be applied

at some lawns and thought "I wish my yard looked that good"? be used if necessary such as nematodes to get rid of grubs. Apply Well, here are some tips to get your yard looking great by creating annually a slow release nitrogen organic fertilizer as commercial fertilizers frequently contain toxic herbicides such as 2, 4-D

You are on your way to transitioning to a natural lawn care with found in Agent Orange. Studies have shown that lawn chemicals these easy steps. If you are looking for or currently have a lawn care service, ask them to adopt these methods. If they wish to use carpet for up to a year when they are not exposed to direct sunlight IPM (Integrated Pest Management) be wary because these usually include the use of toxic pesticides.

> Within a short time you too will have a robust looking lawn safer for your family too.

Natural Gardener 288-6113 www.beyondpesticides.org, and www.grassrootsinfo.org



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Keeping Your Child's Teeth Healthy

When should I schedule my child's first trip to the dentist? Should my 3-year-old be flossing? How do I know if my child needs braces? Many parents have a difficult time judging how much dental care their children need. They know they want to prevent cavities, but they don't always know the best way to do so.

When to Start Caring for a Child's Teeth

Proper dental care begins even before a baby's first tooth appears. Remember that just because you can't see the teeth doesn't mean they aren't there. Teeth actually begin to form in the second trimester of pregnancy. At birth your baby has 20 primary teeth, some of which are fully developed in the jaw.

Running a damp washcloth over your baby's gums following feedings can prevent buildup of damaging bacteria. Once your child has a few teeth showing, you can brush them with a soft child's toothbrush or rub them with gauze at the end of the day.

Even babies can have problems with dental decay when parents do not practice good feeding habits at home. Putting your baby to sleep with a bottle in his or her mouth may be convenient in the short term — but it can harm the baby's teeth. When the sugars from juice or milk remain on a baby's teeth for hours, they may eat away at the enamel, creating a condition known as bottle mouth. Pocked, pitted, or discolored front teeth are signs of bottle mouth. Severe cases result



in cavities and the need to pull all the front teeth until the permanent ones grow in.

Parents and child care providers should also help young children develop set times for drinking during the day as well because sucking on a bottle throughout the day can be equally damaging to young teeth.

Pediatric Dentists

You may want to take your child to a dentist who specializes in treating kids. Pediatric dentists are trained to handle the wide range of issues associated with kids' dental health. They also know when to refer you to a different type of specialist such as an orthodontist to correct an overbite or an oral surgeon for jaw realignment.

A pediatric dentist's primary goals are prevention, heading off potential oral health problems before they occur, and maintenance, ensuring through routine checkups and proper daily care that teeth and gums stay healthy.

Preventing Cavities

The American Dental Association (ADA) recommends that a child's first visit to the dentist take place by the first birthday. At this visit, the dentist will explain proper brushing and flossing techniques (you need to floss once your baby has two teeth that touch) and conduct *(Continued on Page 15)*



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Keeping Your Child's Teeth Healthy - (Continued from Page 14)

a modified exam while your baby sits on your lap.

Such visits can help in the early detection of potential problems, and help kids become accustomed to visiting the dentist so they'll have less fear about going as they grow older.

When all of your child's primary teeth have come in (usually around age 2½) your dentist may start applying topical fluoride. Fluoride hardens the tooth enamel, helping to ward off the most common childhood oral disease, dental caries, or cavities. Cavities are caused by bacteria and food that are left on the teeth after eating. When these are not brushed away, acid collects on a tooth, softening its enamel until a hole — or cavity — forms. Regular use of fluoride toughens the enamel, making it more difficult for acid to penetrate.

Although many municipalities require tap water to be fluoridated, other communities have no such regulations. If the water supply is not fluoridated, or if your family uses purified water, ask your dentist for fluoride supplements. Even though most toothpastes contain fluoride, toothpaste alone will not fully protect a child's mouth. Be careful, however, since too much fluoride can cause tooth discoloration. Check with your dentist before supplementing.

Discoloration can also occur as a result of prolonged use of antibiotics, as some children's medications contain a large amount of sugar. Parents should encourage children to brush after they take their medicine, particularly if the prescription will be long-term. Brushing at least twice a day and routine flossing will help maintain a healthy mouth. Kids as young as age 2 or 3 can begin to use toothpaste when brushing, as long as they are supervised. Kids should not ingest large amounts of toothpaste — a pea-sized amount for toddlers is just right. Parents should always make sure the child spits the toothpaste out instead of swallowing.

As your child's permanent teeth grow in, the dentist can help seal out decay by applying a thin wash of resin to the back teeth, where most chewing occurs. Known as a sealant, this protective coating keeps bacteria from settling in the hard-to-reach crevices of the molars.

Although dental research has resulted in increasingly sophisticated preventative techniques, including fillings and sealants that seep fluoride, a dentist's care is only part of the equation. Follow-up at home plays an equally important role. For example, sealants on the teeth do not mean that a child can eat sweets uncontrollably or slack off on the daily brushing and flossing — parents must work with kids to teach good oral health habits.

If Your Child Has a Problem

If you are prone to tooth decay or gum disease, your child may be at higher risk as well. Therefore, sometimes even the most diligent brushing and flossing will not prevent a cavity. Be sure to call your dentist if your child complains of tooth pain. The pain could be a *(Continued on Page 16)*

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T E X A S EMERGENCY CARE C E N T E R AT PEARLAND

Keeping Your Child's Teeth Healthy - (Continued from Page 15)

sign of a cavity that needs to be treated.

New materials have given the pediatric dentist more filling and repair options than ever before. Silver remains the substance of choice for the majority of fillings in permanent teeth. Other materials, such as composite resins, also are gaining popularity. Composite resins bond to the teeth so the filling won't pop out, and they can be used to rebuild teeth damaged through injury or conditions such as cleft palate.

Tooth-colored resins are also more attractive. But in cases of fracture, extensive decay, or malformation of baby teeth, dentists often opt for stainless steel crowns. Crowns maintain the tooth while preventing the decay from spreading.

As kids grow older, their bite and the straightness of their teeth can become an issue. Orthodontic treatment begins earlier now than it once did, but what once was a symbol of preteen anguish — a mouth filled with metal wires and braces — is a relic of the past. Kids as young as age 7 now sport corrective appliances. Efficient, plastic-based materials have replaced old-fashioned metal contraptions.

Dentists now understand that manipulation of teeth at a younger age can be easier and more effective in the long run. Younger children's teeth can be positioned with relatively minor orthodontia, thus preventing major orthodontia later on.

In some rare instances, usually when a more complicated dental

procedure is to be performed, a dentist will recommend general anesthesia be used.

Parents should make sure that the professional who administers the medicine is a trained anesthesiologist or oral surgeon before agreeing to the procedure. Don't be afraid to question the dentist. Giving your child an early start on checkups and good dental hygiene is an effective way to help prevent this kind of extensive dental work. Encouraging your child to use a mouth guard during sports can also prevent serious dental injuries.

As your child grows, plan on routine dental checkups anywhere from once every 3 months to once a year, depending on the dentist's recommendations. Limiting intake of sugary foods and regular brushing and flossing all contribute to your child's dental health. Your partnership with the dentist will help ensure teeth healthy and a beautiful smile.

Reviewed by: Lisa A. Goss, RDH, BS, and Garrett B. Lyons Sr., DDS **Date reviewed**: April 2007

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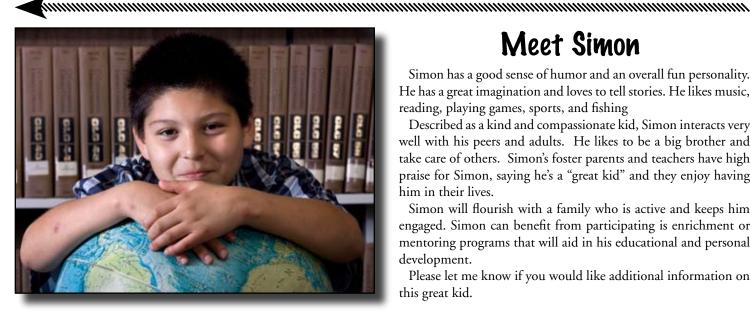
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Meet Simon

Simon has a good sense of humor and an overall fun personality. He has a great imagination and loves to tell stories. He likes music, reading, playing games, sports, and fishing

Described as a kind and compassionate kid, Simon interacts very well with his peers and adults. He likes to be a big brother and take care of others. Simon's foster parents and teachers have high praise for Simon, saying he's a "great kid" and they enjoy having him in their lives.

Simon will flourish with a family who is active and keeps him engaged. Simon can benefit from participating is enrichment or mentoring programs that will aid in his educational and personal development.

Please let me know if you would like additional information on this great kid.

Grace Lindgren, LMSW, Wendy's Wonderful Kids Recruiter Adoption Coalition of Texas, 2222 Western Hills, Ste. 101, Austin, Texas 78745 Phone 512-834-3424/Fax 512-692-2540, gracelindgren@adopttexas.org

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