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in dental health

Odontológico



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*...proudly present two unique innovations ...  
(photos on page 7)*

*The Flat Spoon\**, to be used as the first unbreakable dental mirror for family use; and its ideal complement, the Adjustable Cheek Retractor. *Important note:* as of January 2019 they are only available in Mexico. These two devices will motivate and help family members in their tooth brushing routine, especially regarding small and elementary school children, where the supervised brushing of the **4 first permanent back teeth** or **6es**👑 is crucial (see next-page panoramic illustration).

...from the book and celebration **"The Day of the Children's Crowns"**  
that establishes a new Tooth Fairy tradition  
[www.fairyandmouse.com](http://www.fairyandmouse.com)

*\*These products bear the book-title mark 👑 El Día de las Coronas de los Niños👑® Regis. TM at the IMPI (México). Spoons with the English title 👑 The Day of the Children's Crowns 👑 will shortly be available in Mexico too. Intellectual protection in other countries by international treaties.*

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## The Flat Spoon to be used as a home-care dental mirror

The Cheek Retractor to increase visibility.

(photos on page 7)

*What you can't see...you just can't take care of...*

*Parents, Grandparents and Children...*

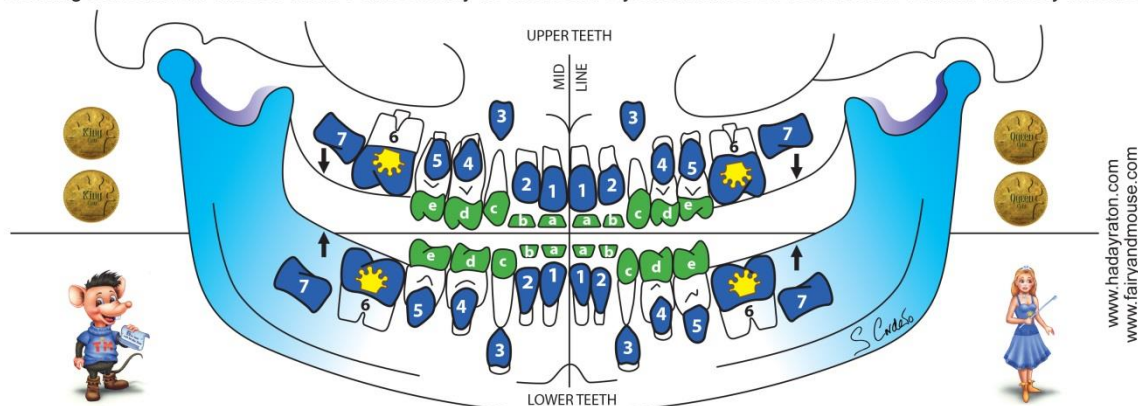
*¡Keep an eye on those 4 permanent back teeth!*

The following illustration delivers information that most parents, grandparents and children themselves ignore! Download its full letter-sized PDF-format from website.

### The Children's Crowns Parade, is coming!

Dental layout around **6 years of age**: pre and elementary school starters-

All along elementary school, **20 milk teeth** will be shed and the crowns of **28 permanent teeth will emerge**. The **6'es** 👑 are the **first permanent molars** and their developing roots will allow them to erupt soon. They have a golden crown 🌟 within them, because they truly are the **4 Kings** (boys) and **4 Queens** (girls) of all teeth. They constitute our main chewing tools and we will use them 3 times a day for the next 70 years! Names of teeth below. *Term in dentistry in italics*.



The MID LINE allows a cross to be traced that has 4 symmetric areas. Each of these areas or sections holds 7 numbered permanent teeth that occupy a specific position. The 1's are close to the MID LINE, the 7's far away. The same criterion applies to the milk teeth represented by a, b, c, d, e. Consider variation in the time of eruption. The tendency is for girls to be one step ahead.

1 = Front Tooth/Central Incisor	2 = Front Tooth/Lateral Incisor	3 = Canine / Cuspid
4 y 5 = Bicuspids/Premolars	6 = First Permanent Back Tooth/Molar	7=Second Permanent Molar
a's and b's = Front Milk Teeth	c = Milk Canine/Cuspid	d /e= First and second back milk-teeth

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¡Keep an eye on those **8 back permanent teeth**, during elementary school. (**Four 6es** 👑 in e.s. starters, plus **Four 7es** or second permanent back teeth in finishers, making a total of **8 back permanent teeth** for a 12-year-old preteen. This illustration shows us, that the **Four 6es** 👑 **do not shed any milk tooth as they erupt**, and therefore nobody announces their arrival. The Tooth Fairy and/or el Ratón, didn't reward them either, but in our story, "The Day of the Children's Crowns", the **Four 6es** 👑 are centerpiece. "The last will be the first" is a legend written in the Manuscript that Teethy Mouse is holding in his left hand. It literally means that

in the mouth of an elementary school child, the very last back teeth to be found are the **first permanent back teeth that are the 6es** 👑 in our panoramic illustration. The story and the whole concept comes in our book "The Day of the Children's Crowns", printed and distributed by Amazon USA (2019). It is also available in Spanish with the title "El Día de las Coronas de los Niños".

To learn more about our Story Characters go to our web page [www.fairyandmouse.com](http://www.fairyandmouse.com) where you will be able to **freely download a variety of PDFs!** ...and also **listen to the music** composed for its Stage and ScreenPlay (to come). With songs in English and Spanish lyrics, sung by one of the main Children's Choirs in Latinamerica... *El Coro de Niños y Jóvenes Cantores de la Facultad de Música UNAM, under the direction of Maestra Patricia Morales.* For the **Spanish version** go to [www.hadayraton.com](http://www.hadayraton.com)

Fantasy is a key element in children's consciousness. Our story provides it, but in order to truly make a difference in preventive oral health, **we had to empower families with the right implements...**after all, we dentists do use an intraoral mirror routinely to make a diagnosis, however families lacked the proper dental mirror.

It had to be unbreakable, last a long time and be available to all family members. A mirror-grade polished **Flat Spoon** , a truly simple design, was the ideal solution. Used in a *combo-kit* with the adjustable **Cheek Retractor** allows families to fully supervise the dentition as never before...and this constitutes a new beginning in home oral health care.

Once you go through this writing, it will be evident that these two devices can truly make a difference.

This is particularly important for children during elementary school, *a critical 6-year period in every regard.* Supervised and assisted tooth brushing in those **6es** 👑 *in starters*, plus the **7es** *in 12-year-old preteens* make a total of **8 back permanent teeth**. Please, go to the panoramic illustration to fully understand these numbers..

In order to visualize the whole concept, we invite you to visit our website [www.fairyandmouse.com](http://www.fairyandmouse.com) , where two School Celebrations are described:

1. **The Classroom Crowning Ceremony**
2. **'The Children's Crowns Parade...is coming!'**

These celebrations will make a positive long lasting impression in the children's and families'.

\*\*\*\*

## The Flat Spoon and the Cheek Retractor

Spoons are known to mankind more than 2 thousand years ago. They provide a civilized manner to eat our food, but no one ever had thought of flattening it out and transforming it into the first unbreakable dental mirror for homecare use.

### Their advantages are evident and self-explanatory:

1. Spoons are used and shared by **all** family members.  
Children are already familiarized with spoons. When parents or grandparents approach the child's mouth with the **Flat Spoon**, children will instinctively open their mouths. This amicable behaviour is unthinkable when talking about the typical dental mirror. Besides, parents can resort to a lot of phrases that will invite the child to allow for tooth brushing supervision like: "Soon...this flat spoon will say hello to your back teeth"... "Hi teeth, I am the Flat Spoon!"..."Your teeth will love the Cartoon of the Flat Spoon!"...etc.
2. A normal spoon helps you eat...the **Flat Spoon Mirror** helps you see that your teeth remain sparkling clean.
3. The **Flat Spoon** is made out of a high quality stainless steel, that has been polished to a fine mirror grade. It will last for years, however parents and children must understand that they are not toys. They must be kept in a safe place and **avoid being scratched**. To wash the Flat Spoon, just use liquid soap and your finger tips (no brushes or fibers, please). Dry with cloth, put it in its plastic envelope and keep it in a visible place among the toothbrushes.

### The Cheek Retractor (*photos on page 7*).

The mouth of a small 6 year-old child, does not allow parents or grandparents to fully see the back teeth, specially the **6es** 👑. Therefore it is wishful-thinking to ask a child to "brush his or her teeth adequately". For parents, to get truly involved in supervising and assisting the tooth brushing and health of those **6es** 👑, they need to visualize them first.

**The Cheek Retractor** allows light to get inside the oral cavity and also clears the way. Parents could obviate it by using their plain index finger or another spoon, but the **Cheek Retractor** has additional benefits. It is adjustable to fit the child's mouth. It will last a long time. It is a family reminder and motivator.

In the great majority of the cases, the **Cheek Retractor** allows for the visualization of the lower dental arch, but to see the upper teeth, we also need the Flat Spoon, as the photos show. *"The lower back teeth direct we see...the uppers with a mirror should be"*

The combo of a Flat Spoon and the Cheek Retractor are a highly useful combination that allow the parents and grandparents to have a much better control of the children's dental health.

### **Useful guidelines on the use of the Flat Spoon (FS) as a dental mirror.**

*(photos on page 7)*

1. Always check that the **FS** has a **shiny uniform surface**. To clean it, just use liquid soap and your finger tips (no brushes or fibers, please). Dry with cloth.
2. a) Any mirror or reflecting surface that enters the oral cavity will tend to fog with the water contained in your breath. To minimize this inconvenience and keep a clear surface, the first thing to do is ask the child to hold his or her breath for 5 seconds while we inspect one side of the dentition. Rest and do the same to inspect the other side. This simple procedure will be enough in most cases to help us keep a clear shiny surface.  
b) If this procedure is not enough, we can place the **FS** in a glass containing warm water (not more than 38° C) for a minute. Dry then with cloth. The warm **FS**-surface will tend to resist fogging for a whole minute, time enough to check the back-teeth.  
**Warning:** please routinely check that the **Flat Spoon is not hot**, just as you would do when feeding your child hot soup with a spoon.
3. The **FS** should be considered an oral hygiene implement, just like a tooth brush, it is not a toy. The reason why, is that *its surface can get scratched*. Standing in a designated place among the toothbrushes, the beautiful **FS** will remind family members of the importance of self or assisted checking of the dentition, especially the upper back teeth in elementary-school children.
4. In our experience, **the FS and the Cheek Retractor are great motivators** for all members in the family, especially in regard to children, who now *ask their parents, grandparents or guardians to help brush and supervise their back teeth!*

### **¿What should we look for when checking the back teeth?**

Envision the natural anatomy of a back tooth like a land-geography consisting of mountains (*cusps*) and rivers (*fissures*). Cusps/ fissures anatomy is present in a wide variety of toothed animals because this structure is highly efficient in food chewing. Problem is when human diet incorporated a great deal of added sugars with a diverse array of physical properties e.g., some sweets stubbornly impacting themselves in those fissures. The end result being that, by far, the most frequent

site of cavity formation is precisely in the fissures of the back teeth. It is called **Fissure Caries** (*you can google fissure caries images*). As you will be checking those back teeth regularly it is important that you get familiar with the Fissure Caries Images. In any event, every child and teenager should have a **diagnosis and treatment plan by the dental health professional** of your choice.

### **The Back Teeth are of a White Color. So are their Fissures!**

Back teeth erupt into the oral cavity with **White Fissures** and **White** is their natural color. It is our duty as parents and grandparents to see that those fissures are properly brushed, cleaned and stay as White Fissures. Any discoloration or brownish color of any part of the fissures can mean potential cavity activity, which prompts a visit to the dentist to clarify doubts.

We only have those 6 elementary-school years, as a window of opportunity to really make a difference in oral hygiene. **Remember that the 8 Permanent Back Teeth**, the **6es** 👑 and **7s** will have to last for the next 75 years!

Elementary school starters get **the 6es** 👑 at 5-6 years of age, and the preteens get **the 7s** at 12 years of age. See our Panoramic Illustration (page 2).

A cavity free dentition is a gift we can give to our children or grandchildren that will last a life-time.

**“Brush every day...and keep sugars at bay”**, should be a *lifetime habit* for the individual, *acquired in childhood*. Once our children get to be preteens, they become *really* independent, so...well...you better prepare the rock guitar instead...

Dedicated, careful and maximized oral hygiene has additional benefits. It not only helps fight cavities, but also helps prevent the onset of gum inflammation or *gingivitis*, so frequently found in teenagers. Later in life, *long-standing gingivitis* can lead to a *periodontitis* which means permanent damage to the anchoring root-system of various degrees of severity.

Needless to say, dental plaque build-up, *takes away the luster and beauty of the dentition and promotes bad breath*. This is something you just don't want or deserve, especially when you are a teenager.

**The Flat Spoon and the Cheek Retractor\*** ARE NOT intended to replace the advice, diagnosis or treatment plan of the dental health professional, they complement it. *\*Available only in Mexico as of January of 2019.*

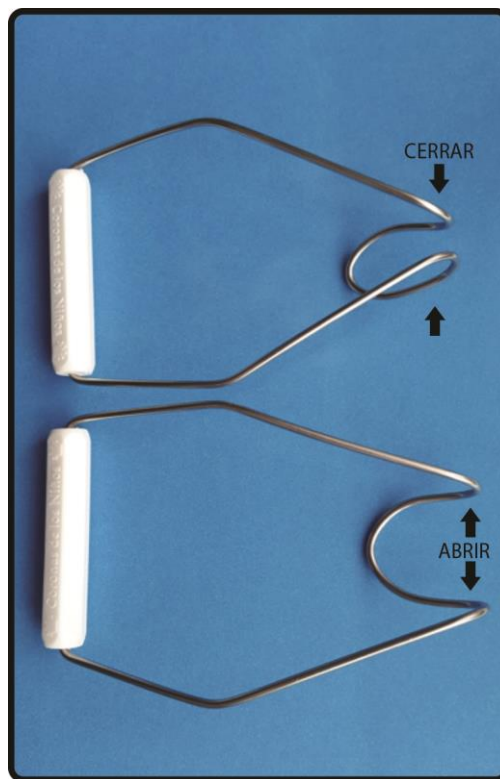
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**FIG. 1**

**'The Ideal Couple'**

The mirror-grade polished **Flat Spoon**  
And the adjustable **Cheek Retractor**



**FIG. 2**

**The Retractor is adjustable**  
CERRAR/CLOSE small mouth  
ABRIR/OPEN larger mouth

Use the **Retractor** to check *the lowers*...



**FIG. 3**

**'Checking-out the lower 6es 🏰'**  
This last back tooth is a **6** 🏰  
The **Retractor** allows for visibility

...plus de **Flat Spoon** for the uppers



**FIG. 4**

**'Checking-out the upper 6es 🏰'**  
The last reflected tooth is a **6** 🏰  
...the **Flat Spoon** reflects the uppers