



Showtime of the year

*By Nandini P. S.,
 Student Reporter*

'Jyothirgamay - lead unto light' was the theme for this year's annual day of Sir Sivaswamy Kalalaya, Mylapore as the students put up events celebrating the Sun.

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Celebrate Madras Day

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Resident student on weekdays, homebird on weekends

By Ishan V. P., Student Reporter



Imagine young children spending their days in a beautiful green environment; the day filled with gaining knowledge, fun activities, sports and rest during weekdays and back home by the end of the week. All this is now possible.

Bala Vidya Mandir launched an initiative - the first of the kind in schooling in India by opening BVM Global. The students of this school will enjoy the studies and activities initiated by the school in a healthy, safe environment during the week and will return home to spend time with their families over the weekend.

The teachers and the lucky students of Class 11 had assembled in the school premises of Bala Vidya Mandir, Adyar at 6.20 am, getting ready for the trip to OMR for the launch of BVM Global.

The teachers and students arrived at the new school promptly at 9 am. The students were escorted to the Puja session where the divine lamp was lit by the chief members of the construction group - Marg Swarnabhoomi. This was followed by a brief programme in the school auditorium. The event began with a prayer and a few bhajans sung by the students.

Later, the CEO of the BVM group of schools, S.S Nathan, gave a brief outlook about the new school.

Read the full story on www.yocee.in

For more info on the school, visit their website - www.bvmglobal.org

Show time of the year

Continued from page 1

This is the twentieth year for Sir Sivaswami Kalalaya. Its annual day was celebrated on July 25. The theme for the year was 'Jothirgamay- Lead unto Light'. All the programs were based on the Sun.

After a small prayer, the first programme *kouthuvam*, was performed. The Sun god came with his seven rainbow-coloured horses representing the seven days of the week. Next was a bharathanatyam performance to a *varnam* in the ragam Sourashtra.

Programmes based on Greek mythology, Japanese mythology and Egyptian mythology on Sun followed.

There was a fusion music performance by the band



consisting of students of 12th standard. This was followed by the 90 voice-strong choir. Then a dance was performed depicting the science and mythology of the occurrence of an eclipse, with the Sun doing Kathakali, the moon Manipuri, and the earth Kathak dances.

The chief guest for the occasion was the renowned bharatanatyam dancer

Prof. C. V. Chandrasekhar. He said that he too had learnt a few things after seeing the programmes.

The beautiful headgears were made by Mrs. Vasuki, a former art teacher of our school. Well-known musician R. Vedavalli, helped with the music for the annual day. R.S.Manohar drama troupe helped in providing the costumes for the different programs.

>> Read the full story and view more pictures on

www.yocee.in >>



To reach YOcee

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Should the Board exam for class 10 to continue?

By S. Jayanthi, Class 9, Vidya Mandir, Mylapore

The ministry of HRD and The Central Board of Secondary Education (CBSE) have proposals to make the Class-X board exam optional and allow internal assessment in which the pattern of questions would be similar to those in the board exam.

Taking this as topic, a debate was held by the Indian Liberation Group and SITU Council of Education Research on July 11 at Shastri Hall, Mylapore.


Many students and teachers from various schools as well as parents participated in this debate. Some spoke for having Board exams, some were for scrapping Board exams. Many points were discussed among the students.

A few students were of the opinion that the Board exam is more pressurising for both parents and students as it creates stress and tension. They also felt that it is due to this reason, students get low marks and develop complex and some even take wrong decisions.

Another set of students did not agree with the same and they said - Why can't the students work from the beginning, as it would be easier for them before appearing for their Board exams. Well, besides that, it is a platform that develops good confidence for their XII Board exams".

I personally feel that Class X Board exams help the students boost their confidence level for better scoring in Class XII Board exam.

>>> *Want to write for YOCEE? Contact us by email to editor@yocee.in. We will guide you how to. >>>*



YOCEE
September Issue
HOBBY CLASSES SPECIAL

Know all the classes on arts, music, dance, theatre and other interesting hobby classes in Chennai.

This newsletter is available for free pick-up at these places. Tell your friends too!

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- Book World, Shop no. 3, 55/1, Bridge Road, (Opp. Aavin Park), Adyar. Ph: 2445 2088
- 3Bs School of Music, 78, Tarika's Nest, Venkateswara Nagar, Adyar. Ph: 4211 4171
- Bharatha Choodamani Academy of Dance, No: 1, Crescent Avenue Road, Gandhi Nagar, Adyar

ALWARPET:

- Peek-a-boo Patterns, 16, Kasturi Rangan Road, Alwarpet. Ph: 2499 2365

ANNA NAGAR:

- Thapasya Art School, AE 113, 10th Main Road, Anna Nagar, Behind Post Office. Ph: 2620 5371

KILPAUK:

- Enchanting Elves, No.26, Ranganathan Avenue, Sylvan Lodge Colony, Kilpauk. Ph: 94440 85903

K. K. NAGAR:

- Bookworm's Library, 334/B, Lakshmanasamy Salai, Near PSBB School, K. K. Nagar. Ph: 2489 9779

MYLAPORE:

- The Children's Club, 212/96, V. M. Street, Mylapore.

NANDANAM:

- Hippocampus Children's Co. Old No. 7, New no. 4, 12th Street, Nandanam Extn, Chennai - 35. Ph: 94440 49175

NANGANALLUR:

- P.K. Srinivasan Mathematics Library at 14/20, 25th Street, Thillai Ganga Nagar, Nanganallur. Phone no. 22670754

NUNGAMBAKKAM:

- Sweety Pies Pre School and Day Care, 10, Avenue Road, Nungambakkam. Phone no. 96000 85716

ROYAPETTAH:

- The Madras Terrace House, 15, Sripuram II Street, Royapettah. Ph: 2811 0259

T. NAGAR:

- Hansel & Gretel Kids Play Centre, 11 Jagadambal Street, T.Nagar. Ph: 2815 2549
- Tooth Fairy, Clinic for li'l teeth, 4/11, Vidyodaya 1st Cross Street, T.Nagar. Ph: 2834 4778

VELACHERY:

- Brainy Einstein Educational Academy, No. 13, Third Main Road, Vijayanagar. Phone : 9444514733
- Akshara Toy Library & Funland, 9, 9th Street, Sri Devi Karumariamman Nagar, Opp. Lakshmi Vidyalaya Nursery and Primary School, Velachery. Ph: 94443 21113

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Hop & Map Chennai Contest

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Capture Chennai - Photo Contest

Capture the scenes - monuments, public life, events, favourite eateries and even funny posters on the walls or autorickshaws while moving around Chennai.

Email the pictures to YOCCee, along with five lines about the photo.

Prizes for the best five photos.

Grand Old stories of Chennai

Open to students of class 6 to 10.

Listen to stories from your grandma, grandpa or any senior citizen living in your neighbourhood for a long time - of the evolving of the locality, famous people lived there, the changing streetscape... Mail the stories to YOCCee.

Prizes for best five entries.

Sketch the city Drawing Contest

Open to students of class 5 to 8.

Draw or sketch your favourite place in Chennai. Tell us why you like the place. Send the drawings to YOCCee.

Prizes for best five drawings.

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New Horizon Media

Math Zone at PSBB, K. K. Nagar

By Vasudha Mishra, Student Reporter



If Math can be fun, will the learning will be easier? Yes, it does. The HeyMath! Zone

inaugurated recently at PSBB, K. K. Nagar, makes you feel so.

The zone is a state of the art, cheerful and interactive learning environment. The purpose of HeyMath! Zone is to aid students to have a holistic understanding of the mathematical concepts they learn in class.

The lab is open for Classes 3 to 9. Mrs. Chandra Srinivasan, Advisor, Acad. & Admn. PSBB, K. K. Nagar inaugurated the innovative, fun filled Math Activity Zone for students. Std. VI students and the math faculty were present during the function.

The HeyMath! Zone offers a range of interactive elements, teaching and learning tools to enhance and complement text book learning. These include - a laptop preloaded with HeyMath! resources, Math Concept Posters, interactive elements - all this while using the space within the lab effectively.

>>> What more at this Zone? Read the full report on www.yocee.in

If your school has a unique club, mail to editor@yocee.in to share the info with other students in Chennai>>>



Solar Eclipse

For those who had been on the city's beaches on July 22, the sunrise with an eclipse was an wonderful sight.

For those who have missed, here is a picture taken at 6.18 am on the Besant Nagar Beach.

The Science and Technology Unit of Chennai were seen helping the public to view the eclipse in a safe way with the help of special glasses.



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Math Club at Vidya Mandir

By S. Sruti, Student Reporter

'The Concurrent Club' dedicated exclusively to mathematics was inaugurated on July 25 at Vidya Mandir, Mylapore.

Dr. R. Sivaraman, Professor of Mathematics, D.G.Vaishnav College and Founder, Pie Mathematics Association inaugurated the club for this year.

Shruthi Mohan, secretary of the mathematics club delivered the Welcome Address. After the inauguration Dr. Sivaraman interacted with the students shared the wonders of numbers, number theory and prime numbers.

He also spoke on the history of Mathematics, the



life and works of mathematicians like Pythagoras, his philosophical approach towards the subject and more.

The Concurrent club of Vidya Mandir encourages students to participate in extracurricular activities. The school organises a session in maths for each term. They also take students to field trips. Last year they went to Kavalur on a science tour with Nehru Children's Cultural Association.

This time they are planning to go to Bangalore. Looks like they have geared up for a full swing.

>> Read full report on www.yocee.in >>

YOcee Blog

Fun ideas and suggestions from the world of kids!

Visit - www.yocee.in/blog

Public Health Department visits Rosary Matric

By A. Lavanya, Student Reporter

Joseph Kulandhai Raj, the health inspector in the Public Health Department (PHD) visited Rosary Matriculation Higher Secondary School, Santhome on July 15, for an awareness programme on leprosy. As part of the national programme, the PHD visits schools all over India. Dr. Yogalakshmi is in charge for Chennai city.

Kulandhai Raj spoke on the day about the skin diseases which are very common during summer. He talked about two main things to be followed to get rid of skin diseases. We must have a proper bath twice a day and must eat a balanced diet which includes fruits and vegetables.

>>> What is the cause for leprosy? Could all the coloured patches on our skin be the disease?

Read more on www.yocee.in >>>

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Mallakhamb for the little angels

By Saniya Surana, Student Reporter

One might wonder, what is the need to report the commencement of another extra-curricular activity class in

today's scenario, where children are already exposed to so many kinds of courses ranging from embroidery, to personality development.



However, Sheetal N. Rayathatha has not started just another course for children but has initiated a course on Mallakhamb i.e. rope and pole gymnastics for children of age four to seven.

How did she come up with this idea of rope and pole gymnastics? She says she got the inspiration from a Bollywood movie 'Kisna' and wanted to learn the art herself.

When she wanted to introduce the course at an activity centre in Chennai, she contacted The Mallakhamb Federation of India, stationed in Mumbai to make arrangements for an instructor. Immediately, Ramachandran was appointed as the instructor for children at Little Angels (Habibullah Road, T.Nagar) by the Tamilnadu Mallakhamb Association.

Although she failed to learn this long-forgotten art of



gymnastics for herself, she tries to give today's generation, who are mostly couch potatoes, a wonderful opportunity to discover the things they can do with their bodies along with poles and ropes.

Sheetal conducts Mallakhamb classes once a week on Thursdays from 4.30pm to 6pm at Little Angels Play School on Habibullah Road. She also plans to conduct demo classes and competitions at regular intervals of three months at public places like parks, inviting parents and friends to publicise this art of gymnastics and revive the culture and tradition.

Mallakhamb classes are also on at Enchanting Elves, the Children's Activity Centre in Kilpauk.

Sheetal Rayathatha can be reached on phone number - 98400 91290

Cultural ventures

By Sanjana Patnaik, Student Reporter

As per tradition Bala Vidya Mandir hosted the annual Kalanjali Ventures on June 19 and 20. About 30 schools in Chennai participated in this event. The popular music director, Vijay Anthony of 'Aathichoodi' and 'Nakka Mukka' fame presided over the inauguration.

A number of events came one after another starting with light music as the first event on main stage. All the school bands set the stage on fire. Then there was dance, later a JAM which made the audience LOL.

In the time of advertisements eating up the TV watching time, ADZAP proved to be the best entertaining



event! The participants of PSBB Nungambakam left the audience spellbound!

'Shipwreck' and 'Block and Tackle' were other two events tested the participant's ability to face situations.

The other events were fashion designing, cartooning, kitchen chronicles, dumb it down (Dumb Charades) and modern poetry.

The final event, Ultimate Ventures was the grand finish to the exciting day as Aprajith Raman of PSBB, Nungambakam walked off, as the winner, with a scooty sponsored by Ramkay agencies while Vidya Mandir Mylapore won the trophy with maximum number of points. Famous singer Unni Krishnan presided over the valedictory function.

For the Bala Vidya Mandir staff and students it was a sweet reward well earned as hosts of the annual fest that made its way into people's heart as a memorable one.

Fete at Sishya School

*By Pallavi Balakrishnan, Student Reporter
with inputs and photos by her friend Evangeline Jesudoss.*

Sishya held its annual Fete on July 4 this year on the school grounds between 3pm and 7.30pm.

Students and parents from all over Chennai came to have fun at the various food and games stalls each set up by a particular class.

There was even an animal stall called 'Old Mc Donald's Farm'!

The stalls were set up in the morning by parents, students of classes 8, 9 and 11 and all the teachers of the school. Many of the stalls were sponsored by companies. Studio Profile (the beauty stall) and Adyar Ananda Bhavan (Chaat stall) were among them.

The UKG stall sold T-shirts of various sizes with 'sishya rocks' and other slogans on them. Students of

class 12 were the DJs for the evening and played many songs for the visitors.

There was also a live band Null Friction (the members are Sishya alumni) who performed for the visitors. Though the rain towards the end caused everyone to run to the auditorium they were all back on the grounds as soon as it stopped.

The auditorium also had a remote controlled racing car track organised by class 11.

But the rain did put off the Grand Raffle (Lucky Draw) which had to be postponed to Monday.

>>View the gallery of photos of this event on www.yocee.in >>



News

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The nook for the young kids

News you can use

1. Debating Matters

This forgotten activity in our schools is still a favourite in the UK schools. And the British Council organises an event cum contest to encourage children to take up debating for reasons.

The Debating Matters contest for 2009-10 is on at the British Council. There is a preliminary online test which is open from July 1 and is on till August 31.

Open to students of Classes 11 and 12.

More details here - <http://www.britishcouncil.org/india-projects-debating-matters-about.htm>

2. National Talent Search Examination (NTSE)

This examination conducted by NCERT hunts for brilliant minds.

Students of Class 8 are eligible to participate.

The exam has two stages. The preliminary stage is at

State level. Mental Ability Test (MAT) and Scholastic Ability Test (SAT) are parts of the exam.

Stage 1 will be held on Nov. 8 and the National level will be held in May 2010.

The last date to apply for the exam is Aug. 31

Details on www.ncert.nic.in

3. TCS IT Wiz Kids

If the world of Internet and unique web sites, IT buzzwords and acronyms interest you, this one is the place for you to show off your brains.

TCS IT Wiz Kids is a quiz programme conducted by the IT major Tata Consultancy Services for students of class 8 to 12.

Teams of two can register for the quiz. Written prelims with top six teams for the finals is the pattern of the quiz.

To be held in Chennai on Aug. 21. Registration on now.

Details on www.tcsitwiz.com

Interschool theatre competition



Alchemy Theatres has come with with an inter-school theatre competition for Chennai schools to encourage children to appreciate acting and theatre.

Theatre helps develop effective communication skills, believes Alchemy.

Students of class 6 and above are eligible to participate in the competition. The skit can be in English or in Tamil. The theme for the skit will be given to the teams on registration.

There is no registration fee. The contest will be held on October 9 at The Top Storey auditorium, Alliance Francaise, Nungambakkam.

Last date to register for the contest is Aug. 15.

For more details and registration, contact Alchemy Theatres on phone no. 6512 1119, 98410 47620

Workshop on fashion

Interested in designing your dress and fashion accessories? Here is a workshop to sign up for.

Peek-a-Boo Patterns in Alwarpet is holding a course to impart fashion knowledge to kids in the age group of 7 to 12 years. The course is on and is conducted on Tuesdays and Fridays between 5 and 6.30 pm. In these sessions, the kids will learn about patterns and motifs that can be used in their dresses, bags, cushions according to their creativity, say the organisers.

For more details and registration contact Peek-a-Boo Patterns on phone number 2499 2365.

Do you organise

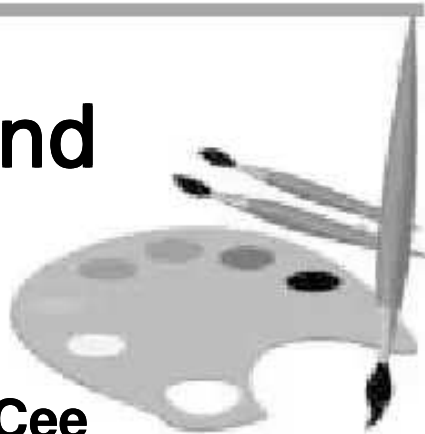
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Bookz 'n' More is a library of the new era

By Sanjana Sridhar, Student Reporter

South Madras has a lovely new library now and it's called Bookz 'n' More and it certainly lives up to its name.

The first thing you see is that the books are lined up behind polished glass windows. Enter and you are dazzled by the neat racks of books. The wood panelled shelves are smart and new. Nearly 90 per cent of all the



books at this new library are brand new. They are neatly covered with plastic dust jackets. And a very big plus: Bookz 'n' More is air-conditioned. Now, you can browse to your heart's content in this really cool place.

It could do with some more books -- several of the shelves seem somewhat less of book, as one may think.

"Many of the books have gone for binding, and more books are yet to arrive," says the manager of the library. "We have 6,500 books here now and our capacity is 12,000 books. Before we order more, we would also like to have feedback from our members."

Another interesting feature in this library is the RFID system. RFID stands for Radio Frequency Identification. It works almost like magic. First, you keep your

membership card on a metal plate, and then the screen identifies your card through the RFID chip embedded in it. By just pressing the touch screen gently, you can find out what books are available, select what you like and issue it for yourself. You don't even need the help of the librarian -- you can do it all by yourself and it is so much fun. There aren't even any wires or buttons.

The cost of the membership is also unique. For Rs 150, you can draw two books every time you go to the library - that is, you can read two books a day if you like! On the other hand, you can keep the book for as long as you like. It is a very flexible approach to lending books. Just like this, there are other plans too.

So forget the hot, stuffy libraries where you have to worry about the number of books you can take and when you have to return them. Just walk into Bookz 'n' More and discover a whole new way to read books.

Bookz 'n' More is at 48 L.B. Road, Thiruvanmiyur. Opposite East Crest apartments, just after Indira Nagar signal when you go from Adyar.

Phone: 43511735. Website: www.bookznm.in

A quiz-letter for you

KnowBytes, as the name sounds, is a Quiz-letter, packed with crunchy facts, titbits and the latest from across the globe, with a special focus on India.

KnowBytes is an online quiz-letter delivered each weekend to your desktops. The core team behind KnowBytes comprises of the best of minds ranging from Chartered Accountants, IT professionals and researchers who are well-read and well-informed on various topics.

KnowBytes will soon have online activities such as active quizzing on an exclusive blog and real-time quizzes, say the publishers. This Quiz-letter is customised to the needs of quiz enthusiasts of all ages who have the knowledge and interest in quizzing, but are unable to make it to the quizzes.

Interested? Get in touch with the team through their

blog: <http://iquiz.wordpress.com>, Email: iquiteam@gmail.com, phones: 9962070090, 9176287344

Ostrich

Egg shell Painting Workshop



Sri Annai kamakshi Kalaikudam in K. K. Nagar will be conducting a one-day workshop on Ostrich Egg Shell Painting on Aug. 2. Open to all above 12 years of age and the fee is Rs. 600 inclusive of materials.

For registration and more details on phone no.

2474 0429, 93810 24002

Volley Ball tournament for girls

By S. Sruti, Student Reporter

The inter school volley ball tournament was held at Lady Sivaswamy Ayyar Girls' Higher Secondary School, Mylapore on July 13. Around 240 students from twenty schools in Chennai city



participated in this one day tournament. A. K. Chitrapandian, secretary, Chennai district Volley Ball Tournament inaugurated the 17th Maharaja Sri Vijayaram Ganapathi Rolling Trophy Volley Ball tournament.

Girls from the Guntur Subbaiah Girls' Higher Secondary School, T. Nagar stood first and received a cash award of Rs. 4000, Gold Medal, certificates, mementos and the Winner's trophy.

Lady Sivaswamy Ayyar Girls' Higher Secondary School students came second and received a cash award of Rs. 3000, Silver Medal, certificates, mementos and the Runner's trophy.

The students from the Corporation Girls Higher Secondary School, Perambur stood third and received a cash award of Rs. 2000, Bronze Medal, certificates and

mementos. RKM Sarada Vidyalaya girls were the fourth and won cash award of Rs. 1000 and certificates.

M.Nirmala, headmistress of Lady Sivaswamy Ayyar School welcomed the gathering. T. R. Mani, president of National Boys' and Girls' Education Society, B. Madhavan, secretary of the society and Leela Narendran, School Secretary felicitated the winners and participants.

R. Ilangoan, P. A. to minister of Electricity, Tamil Nadu Government gave away the prizes.

The physical education teachers of Lady Sivaswamy Ayyar School R. Vasuki, A. Rani and A. Geetha made all the arrangements for the tournament.

From the desk



Hi young friends!

July was the time for annual days in schools.

Many clubs were inaugurated and all the extra-curricular activities were carried out in our city schools.

There was also an eclipse of the century, which many people - young and the old enjoyed viewing at the planetarium, on the beaches and even from their terraces.

How enjoyable the year would be if we have more of experiential learning than of learning from books?

That's what the Team YOce also thought of and has come out with contests for you of different types.

If you want to show the way to your school to a friend new to the city, wouldn't you draw a rough drawing on a paper, marking important landmarks? The same way, show the way between two points. You could win exciting prizes!

There is also a prize for listening to a story on the city and sharing it with others by writing it down.

Check www.yocce.in/contest.php for details and prizes.

After these contests, September will also be special as YOce thinks of bringing you the info on all the hobby classes in the city.

Enjoy learning everything the practical way!

Revathi
Editor

*Do share this newsletter with your friends.
They too would love to read as you do!*

The P.S.B.B Millennium School celebrates

annual day

By Nivasi Anand, Student Reporter



The 4th Annual day of the P.S.B.B Millennium School took place on the July 4, 2009, at the Kamaraj Memorial hall.

The theme for the show was 'Navarasamavee Janaki'. The Navarasas are the nine expressions that are most commonly found in a person's life. The Navarasas are – Abdhutham, Shringaram, Veeram, Haasyam, Karunyam, Bheebatsam, Roudram, Bhayanakam and Shantham.

The programme was initiated by an invocation to lord Ganesha, in the form of a Bharathanatyam dance. The dance was performed by the girls of classes 7, 8, 9 and 10. The formations by the dancers, highlighted by the lighting effects, made the prayer dance a grandeur.

The dance was succeeded by mesmerising songs sung by the school choir. The songs were sung in nine different ragas, giving an in-look about the whole show. The school choir consisted of about 200 children, whose voices combined gave a feast to the audiences' ears.

After all the plays, dances and songs, the chief guest, Chitra Visweswaran, well-known Bharatanatyam dancer spoke a few words on the celebrations. She pointed out the fact that when children actively participate in such programmes, both their right and left brain develops. This makes them think logical and at the same time be creative and imaginative.

The students had really learnt a lot during the previous week of practice. It made the students and the teachers more aware of the universal Ramayana. It would have definitely sunk into their minds as they had enacted out some highlights of the story, because when one gets involved into something, they master it. The students' and the teachers' efforts along with the one-of-a-kind theme made the whole show a memorable one.

<< Read the full report on www.yocce.in >>



IMPORTANCE OF PRIMARY TEETH (MILK TEETH)

Did you know that we all have two sets of teeth? The first set are called your 'milk or baby' teeth and the second set are called 'permanent' teeth. Why should we worry about cavities in those 'Pearly White' baby teeth when they are going to fall out and will be replaced by permanent teeth later? The answer is that milk teeth serve important functions and they must last 5/10 years or longer.



Important Functions of Primary Teeth:

- 1 They allow the child to chew properly and aid in digestion process
- 2 Maintain space for the later eruption of the permanent teeth and guide them into proper position.
- 3 They are required for proper speech development
- 4 They help in normal development of jaw bones and facial muscles.
- 5 Add to an attractive appearance which helps in building self esteem and confidence.

Care of Primary Teeth

- 1 Prior to eruption of the baby's first tooth, parents should wipe the child's mouth and gums with a clean damp cloth or gauze pad after every feed.
- 2 Parents should begin brushing the child's teeth at approximately six months or when the first primary teeth begin to appear. Toothpaste should not be used until your child is able to rinse and spit out all the toothpaste. No more than a pea-sized amount of fluoridated toothpaste should be used for children under six years of age.
- 3 "Baby bottle tooth decay" can be prevented by giving plain water at bedtime or during the night.
- 4 Fluoride, in the drinking water or in the form of tablets or vitamins, has been proven to be 70% effective in the prevention of tooth decay. Parents should check with their dental health care providers for instructions on when and how to get this protection.
- 5 A dental check-up can be booked as early as 6 – 12 months but it is strongly suggested the initial visit to the dentist be no later than 3 years of age.

Milk, sugar water, apple juice, or any liquid containing sugar should not be given to the child at bedtime as they can cause tooth decay if left on the teeth for extended period of time.

In the next issue we will discuss about "Early loss of deciduous teeth and its Management"



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