



Bite

Word of mouth

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Featured

The legend of the Tooth Fairy

Do you remember placing your baby teeth under a pillow and having money magically appear the next day? A visit from a Tooth Fairy is a very big deal for a lot of children. Over many centuries parents have developed traditions to excite their children about losing their first chompers. It can provide comfort to many kids who may experience pain and fear associated with losing their baby teeth.

The Tooth Fairy folklore began in early Europe when children buried their teeth in the garden so a new tooth would grow in its place. As the cities grew, the traditions have changed and teeth began to get 'buried' under the pillow. This is how the modern legend of the Tooth Fairy was born and is widespread through many English speaking countries like Australia, England, Canada and United States.

In 1908, the Chicago Daily Tribune suggested that the child should place a tooth under the pillow and mothers should replace it with a gift such as five cent piece¹. Even the Tooth Fairy is



not immune to inflation and these days one to five dollars seems to be a common rate per tooth.

However the Tooth Fairy doesn't visit children all over the world. In Spain, Greece, Italy, France and many South American countries kids' teeth get collected by a mouse that in return will place a gift or money under the pillow.

In Brazil, lost baby teeth get collected by a bird but only if they are clean. What a great way to promote good oral hygiene from an early age!

In many Asian and African countries it is customary to throw teeth either on the roof or towards the sun. Japanese tradition suggests

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This month...

We have a fun article this month on a favourite childhood character—the Tooth Fairy.

Most people accept the habit of placing teeth under a pillow for a monetary exchange—but few stop to think where this ritual ever began.

Read our article to learn about the origins of this magical fairy.

On the hygiene side, Kat lets you in on a healthy brushing tip.

We also officially welcome two new faces to the Bite Studio.

Amelia is our fresh, new front desk face while Danika is our new dental nurse. Be sure to say hi when you're next in!

Dr. Simon Franks





References:

1. Chicago Daily Tribune, 27 September 1908
https://www.newspapers.com/clip/2619799/apparent_earliest_reference_to_tooth/
2. Legends of the tooth fairy, RDH Magazine
<http://www.rdhmag.com/articles/print/volume-26/issue-6/feature/legends-of-the-tooth-fairy.html>

> continued

that upper teeth should be thrown down to the ground and lower teeth vertically into the air so the permanent teeth will grow straight and even².

No matter what tradition you tend to follow, sooner or later children will question whether the Tooth Fairy may not be real. It is best to gently

explain to them that it is a custom that children and parents have been continuing for centuries. Remind them of how much fun they had placing the tooth under a pillow and receiving a gift in return. If there is a younger sibling, ask them to keep it a secret so they can have just as much fun believing in the Tooth Fairy.

Here at Bite Dental we recommend that children come to their dental appointments every 6 to 12 months to ensure that Tooth Fairy visits them when it supposed to and those pearly whites are kept in good shape for life!

Healthy Hygiene Hints

Brush problematic areas first

We often see that people tend to brush their front teeth much better than their back teeth because they brush them first. That's why I would suggest tackling those hard-to-reach areas such as the inside surfaces of you lower teeth first. Also make sure you are brushing the junction where tooth meets the gum gently but thoroughly with soft-bristled toothbrush.

Let me know if you would like me to identify any problematic areas in your mouth so you can clean your teeth better at home.

Kat



Team

Introducing Amelia and Danika

We are very excited to welcome two new staff members to the practice—Amelia and Danika.

Amelia is the new friendly face at reception. Growing up in North Queensland, Amelia moved to Brisbane 10 years ago and has enjoyed life in the 'big city'. Outside of work she enjoys travelling, shopping and is an enthusiastic Lego builder.

Danika is our new dental nurse and has been taking care of patients at Bite since May. She grew up in NSW and travelled as a child due to her dad being in the defence force. She is looking forward to working and having a chat with you all.



Celebrate everyday heros. Let us know if you have a cause you'd like us to shout about.