



A Parent's Guide to Children's Oral Health

We want only the best for our children, and good oral health should be at the top of the list. Believe it or not, tooth decay has become the most common chronic disease in children. In order to set up your child for life without dentures, here's our Parent's Guide to Children's Oral Health to kick-start good habits from day one.



42%

of Children Ages 2-11 have untreated dental cavities.

source:
National Institute of Dental and Craniofacial Research

Life Stages



Babies

Begin as soon as your little one is home from the hospital. Wash your hands and wrap a piece of gauze around your finger, dampen it with water, and move it over your baby's top and lower gums. Do this after each feeding and spit up.

As soon as teeth develop, brush using a rice-sized amount of toothpaste.

Elementary Children

At this stage, children should be brushing twice a day, rinsing, and using a pea-sized amount of toothpaste. Watch your children brush if they are under 6 years of age and help them until they have mastered good brushing habits.



DENTIST

PHONE NUMBER
ADDRESS

Keep dentist info on hand for schools, babysitters, and chaperones.



Toddlers and Preschoolers

Most children are ready for a dental visit at the age of 2 or 3. These early visits are vital to kick-starting preventative care that keeps oral diseases at bay. If your family is without health insurance, ask your dentist about our Membership Savings Plans. Children under 5 participate for free with a participating adult member. This includes exams, X-rays, professional cleanings, and fluoride.

First dental visit between **2 or 3** years old.



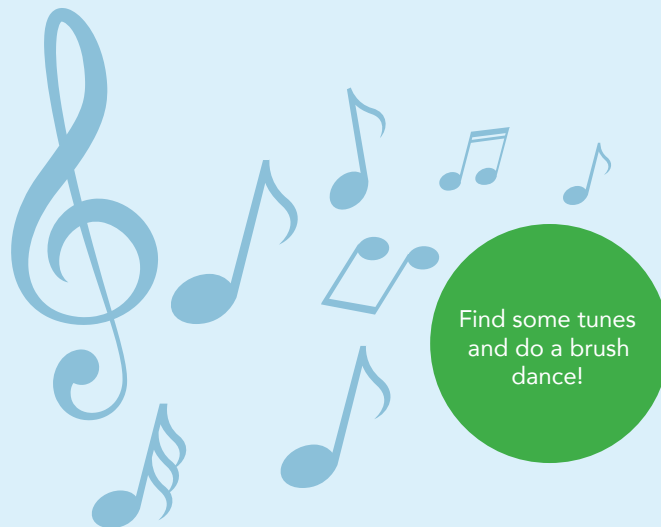
Teens

As your child's schedule gets busy, brushing twice a day, flossing once a day, and limiting intake of sugary drinks and snacks becomes vital for maintaining good, life-long oral health habits. Ask about mouthguards during this time as well as braces if your teen's teeth are out of alignment.

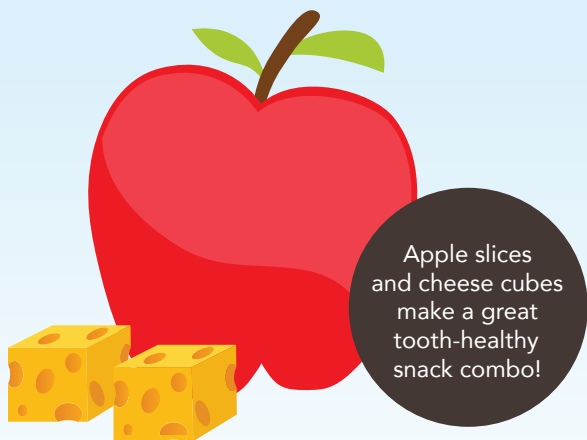
Expect wisdom teeth between the ages of **17 & 21**

Establish a Home Dental Routine

Establishing a home dental routine is just as important as visiting the dentist's office. Be sure your little ones have set a time for brushing, flossing, and rinsing. Do your kids hate brushing time? Find ways to make dental health fun. Give them a sticker each time they brush and place it on a calendar!



Find some tunes and do a brush dance!



Apple slices and cheese cubes make a great tooth-healthy snack combo!

Good Nutrition

Eating habits are essential when it comes to oral health, especially for children. Does your child love candy, but also fruits? Encourage their love for healthier food items and use sweets as a reward for good dental practices. Also, add tooth-healthy foods to your family's diet, such as carrots, cheese, and fibrous veggies.

Be an Oral Health Role Model

Establish good oral health habits in your child by establishing them in yourself. Set aside times when you can brush with your children and achieve good oral health. Make it a morning and evening event for the family. Not only will you be teaching healthy habits, but you will be making family memories, too.



Talk to your kids about your own dental faults, such as why you have a cavity.



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We also offer a wide array of services, treatments and procedures to meet all your dental needs.

LOCATIONS

- ▶ Northwest Dental Center, Elida
- ▶ Jackson Center Dental Associates
- ▶ Botkins Family Dental
- ▶ Northwest Dental Center, Cable Road
- ▶ Northwest Dental Center, Elm Street