

We give you
more reasons to
smile

Tips for Parents

Children's Dental Health Month



Tips to Help Parents Instill Good Oral Hygiene Habits in Children.

Start Early.

- **Show your kids that practicing good oral health is important and can be fun by practicing good oral health yourself. (Do as I say, and as I do!)**
- **Take your children to the dentist regularly (usually every six months or as directed by your dentist) for routine cleanings and check-ups. This is not only good for the mouth, but the psyche, as kids can build a comfort level with their dentist as a result of routine visits.**
- **Always ask your children if they brushed their teeth before they leave for school and when they are getting ready for bed. Reminders are helpful.**
- **Remember that a travel toothbrush can be easily packed in your children's backpack so that they can brush after snacks and lunch while at school.**
- **Teach your children the importance of flossing too. (Just as brushing is important in preventing cavities, flossing is equally important for in-between the teeth. Flossing also helps to prevent gum disease, which can contribute to health complications later in life.)**
- **Encourage your children to eat breakfast every day. Studies show that children who eat breakfast are less likely to eat sugary snacks throughout the day. (It really is the most important meal!)**
- **Adolescents should be encouraged to use a straw when drinking soda so their teeth are exposed to less sugar.**
- **Replace sugary snacks with healthy alternatives such as fruit, cheese and crackers.**
- **Leave little treats from the "Tooth Fairy," every now and then, to reward your child for practicing good oral health.**
- **You should pick a dentist that you and your family will like and trust. It will make the experience more enjoyable for everyone.**

