

Keeping Your Child's Teeth Healthy

A lot of parents get overwhelmed when it comes to dental care for their children. Most parents know they want to prevent cavities, but they do not always know the best way to do so. Here are some tips and guidelines.

When should kids see a dentist?

- * American Academy of Pediatric Dentistry (AAPD) recommends children see a dentist by their **first birthday**.
- * Primary teeth typically begin growing in by around 6 months of age.
- * It is very important to keep baby teeth in until they are lost naturally.
- * Starting dental visits early helps children become comfortable with the dental setting.
- * Just like adults, children should see the dentist **every six months**.

How can we prevent cavities?

- * Children should brush their teeth twice daily with fluoride toothpaste.
- * Limit drinks and food with added sugar for children.
- * Encourage your child to eat more fruits and vegetables and less cookies and candy.
- * Serve tap water that contains fluoride at mealtime rather than juice or soda.
- * Ask your dentist about dental sealants for your child.

What dental problems can happen?

- * Untreated cavities can cause pain and infections that may lead to problems with eating, speaking, playing, and learning.

FOR CHILDREN:

- * Brush their teeth twice a day with fluoride toothpaste
- * Drink tap water that contains fluoride
- * Ask your child's dentist to apply dental sealants when appropriate.
- * Help your child brush until they have good brushing skills.



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