



Tips & Tidbits to Brush Up on Dental Care for Kids



SMART START: KIDS AGES 0 – 6 YEARS

Baby's First Dental Visit

3 Things to Think About:

Start Young

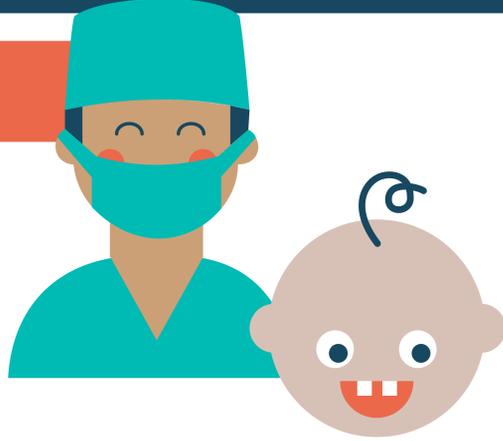
There's no such thing as too early! As soon as the first tooth appears, start thinking about scheduling the first appointment.

Stay Positive

Kids will follow your lead. There's no reason visiting the dentist can't be fun, and it should be! As they grow, encourage them to ask questions too.

Choose Wisely

Seek a practice that focuses on families and comfort. Look for toys in the waiting room, signs of education & safety, and ask questions. You should like them from the start if you want your kids to like them later!



It's important to treat baby teeth with just as much care as permanent teeth, even though they will fall out! Small issues now can cause bigger problems and pain later if ignored. Plus, the earlier habits form, the stronger they are!

Create Healthy Dental Habits in 5 STEPS

1. Start when the first tooth appears, often around 6 months.
2. Choose a small, child-sized, soft-bristled toothbrush.
3. Replace the toothbrush every 3 or 4 months.
4. Brush your child's teeth twice a day.
5. Floss every time you brush — even if it doesn't seem necessary.

IT'S ELEMENTARY: KIDS AGES 6 – 12 YEARS

To Wiggle or Not to Wiggle?

Here's how to decide what to do about loose baby teeth:

1. If it wiggles easily, go for it!
2. If it doesn't, try to leave it alone — it's not quite ready.

They should fall out naturally or with a gentle tug using a tissue when they're ready.



DID YOU KNOW?

The Tooth Fairy is SO busy there are 2 days of recognition! The National Tooth Fairy Days are Feb 28th and August 22nd.

9 Steps to Brush Your Teeth Right



1. Use a soft-bristle toothbrush and get a new one every few months.
2. Use fluoride toothpaste, and put the cap back on!
3. Brush teeth and gums at least twice a day.
4. Brush with gentle pressure in a circular motion for at least 2 minutes.
5. Brush the inside of your teeth, gums, and your tongue too!
6. Rinse well and spit — don't swallow the toothpaste, even if it's yummy.
7. Floss gently — don't dig into your gums.
8. Rinse and spit one more time, and finish with a drink of water.
9. Say "ahhhh" and flash yourself a smile in the mirror!

GROWING WITH THE FLOW: TEEN YEARS



Brace Yourself

By age 12, most kids should have lost all their baby teeth and their permanent teeth should be grown in. It might even be earlier. It could be time to think about dental alignment for health and appearance.

3 Signs You Might Need Alignment:

1. Your teeth are crowded or overlapping.
2. You have big gaps between some of your teeth.
3. Your bite is uneven.



Quick Tip: Keep it Clean

Whether you have braces or not, you may be more interested in clean teeth and fresh breath than ever.

Try dropping a travel-size mouthwash in your pocket or purse for after-lunch swishing.

Just remember — never swallow mouthwash! Fluoride is great for your teeth, but not for ingestion.

DID YOU KNOW?



Wisdom teeth can start showing up around age 17. They can come in sideways, against other teeth, or even under them, and they are impacted more often than other types of teeth. If your dentist recommends removing them, don't worry — it's a routine procedure that you can handle!

Words of Wisdom: Don't Go Viral

But a word to the wise: before you go in, get a promise from your parents and siblings not to turn your recovery into a viral video like this one: bit.ly/wisdom-extraction

