

Parent Tips for a Healthier Mouth

Parents “Did you know” that toothaches are one of the most common reasons children miss school? Tooth decay, also known as a cavity or caries, is the most common chronic disease of childhood. Please help your child to be cavity-free and have good dental health for a lifetime. Use the following healthy suggestions to be mouth wise.

Healthy suggestions for healthy mouths:



- Start at home with setting a good example by brushing and flossing together with your child every day. (You will need to help your child care for their teeth until age 7 or 8 or until they have enough dexterity to brush and floss alone).

- Limit the amount of sugar your child eats and drinks. Discourage sweets for snacks. Soda, sports drinks, fruit drinks are hidden sources of sugar.



- When a toothbrush is not available, encourage your child to rinse with water following foods containing sugar. Rinsing reduces the amount of time sugar is in contact with the teeth.

- Schedule regular dental check up appointments. Talk about the appointment in a positive way. Please don't communicate those negative feelings or any anxiety to children, as that will make them fearful.



- Find out if the water supply in your home is fluoridated. If it is not, discuss supplement options with your doctor or dentist. Buy fluoridated toothpaste and mouth rinses to help strengthen the enamel on the teeth.



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