

HOW TO PREVENT CAVITIES IN KIDS FOR LIFE

10 EASY STEPS

By Dr. Christine Coughlin DDS

&
Dr. Stephanie Vera DDS



Regular Check-ups & Cleanings

Bring your kids in every 3-6 months so that we can detect any issues before they turn into BIG (and expensive) problems.

It's also important that we professionally remove all tartar and plaque buildup that kids can't remove themselves with brushing & flossing at home.



Use an Electric Toothbrush

Electric toothbrushes have many benefits - especially since they do most of the work for us! Here are some of the benefits the extra

- 1. Superior plaque removal and gum cleaning
- 2. Easy to use, and helps kids brush more effectively
- 3. Removal of external stains for whiter teeth
- Builds better brushing habits with features like a 2 minute timer (and let's be honest, our kid's version of 2 minutes is very different from a true 2 minutes)



Floss Like a Boss

You don't have to floss all your teeth...

lust the ones you want to keep!

When it comes to flossing most people, kids and adults alike, hate to floss (not the silly dance move 'cause everyone loves that one). But NOT flossing is NOT an option - it's the ONLY way to remove food and bacteria from between the teeth.

way to remove food and bacteria from between the teeth.

If your kids have difficulty flossing, a children's floss pick is





Use a Toothpaste With Fluoride

Fluoride has been proven to be safe and effective in preventing cavities by strengthening tooth enamel. Despite the controversy, fluoride is safe when used in the correct amount.

How much toothpaste is the right amount for your child?

O-3 years: size of a grain of rice 3+ years: size of a pea*

*Switch to a pea-sized amount of toothpaste when children are able to spit out excess toothpaste. Fluoride products should not be swallowed, so it is important to supervise your child when brushing. Fluoridated mouth-rinse are not recommended for children under age six.



Get Topical Fluoride at Your Dental Visit

At your children's regular check-ups, we offer professional application of fluoride. Topical fluoride has been shown to be the most effective way to strengthen the tooth enamel so it is resistant to decay.

This is usually suggested for children up to age 18. (But topical fluoride application is also helpful and recommended for adults with higher risk for cavities.)



Check the Fluoride Levels in Your Lap Water

drinking water. If the fluoride levels are too high, it can cause Fluorosis and tooth discoloration.

If you live somewhere that doesn't have fluoridated tap water, we've got you covered. Come see us every 3 months for topical fluoride application to keep your child's teeth strong and cavity free.





Get Sealants

Sealants cover and protect the deep grooves and pits of the chewing surface of permanent teeth, helping to prevent cavities where kids may struggle to brush.

Sealants are covered by most dental insurance, ask if your child would benefit from sealants at their next visit!



Make Smart Food Choices & Drink Lots of Water

Not all foods and drinks are created equal when it comes to preventing cavities. Limit chewy, sticky foods and processed sugary treats. Instead, eat natural sugars, like those found in fruit and milk, with protein to reduce the risk of cavities.

Water is the safest bet when giving your child something to drink. It naturally cleans away food and bacteria from the mouth, and it's the only way to keep your body hydrated and healthy.

Teach your kids from an early age to enjoy eating real, whole foods for a lifetime of great health and beautiful smiles!



Mind Your Mouth

Did you know that cavity causing bacteria is contagious? And parents with untreated cavities can put their kids at risk for decay and gum disease? Do not share spoons, straws, etc. with your baby and do not use your mouth to clean your baby's pacifier.



Lead by Example & Supervise

Kids learn by example from their parents, so show them great oral hygiene habits to encourage them to do the same!

Make sure to supervise your kids to ensure they brush properly





Make it Fun!

Lastly, kids need positive reinforcement to motivate them to practice good oral hygiene. They want to make their parents proud so praising and rewarding your kids when they floss and brush their teeth (twice a day for two whole minutes) is a powerful way encourage them to do this more!



So there you have it! 10 easy steps to prevent cavities in kids! I know you've gothis!

I created this guide because I'm passionate (and a little obsessed) about empowering you & your family with the tools & knowledge for an amazing smile for life, free of easily preventable dental problems.

You deserve to have a smile that reflects your authentic and best self. Because YOU ARE WORTH IT, my friend.

For more helpful dental tips to make your life easier, check out our blog at <u>Thrivedentistblog.com</u>. And come see us in person! Book online at Thrivedentist.com.

If you have any questions feel free to ask me! Write your question to thrivedentist@gmail.com and write "Question for Dr. Christine" in the subject line.

I can't wait to meet you, friend!

With Love,