

A QUICK GUIDE TO KID'S ORAL HEALTH

BRAYDICH DENTAL

GETTING CHILDREN TO TAKE CHARGE OF THEIR TEETH CAN BE A CHALLENGE.

It takes a combination of education, motivation and even a little inspiration. Ultimately, ensuring your child is cavity-free should be a top priority. After all, poor dental health can impact much more than just your wallet and their smiles. It's been proven untreated tooth decay can compromise a child's ability to eat, sleep & function at home and school.

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A Healthy Child Starts With a Healthy Mouth

Teaching children the right dental habits early on will provide them with the best opportunity to protect their mouth and teeth. A regular dental routine should be put in place around the age of two or three, or as soon as teeth appear and are in contact with each other. Once teeth have developed, food particles can get caught between teeth and cause a buildup of bacteria and plaque. At this time, children should begin regularly visiting the dentist at least twice a year. Bringing your child for a dental visit at a young age will help uncover any hidden problems and alleviate fears of the dentist they may have.

Your child should be brushing at least twice a day, two minutes each while using a small amount of fluoride toothpaste. It's important to supervise your child while they brush. Make sure they're brushing all of their teeth, not just the ones in the front. Watch your child's brushing until good habits are established. Children should use a circular motion on front teeth and a back and forth motion on teeth towards the back of their mouth to remove any hidden plaque. It's also a good idea to follow-up after brushing and see how they did. Your child should also begin flossing once a day on their own by the time they're five or six to ensure an all-around clean and healthy mouth.

Remember, brushing and flossing are not the only things that will keep a child's mouth healthy. Maintaining a healthy diet plays a critical role in even healthier teeth. Choose nutritious snacks for your child, such as vegetables, low-fat yogurt and fruits. These foods are filled with nutrients that provide the building blocks for strong and healthy teeth.



Tips & Tricks to Get Your Child Practicing Good Dental Hygiene

We understand oral hygiene is probably the last thing on your little one's mind. That's why we've compiled a list of tips and tricks to get your child looking forward to their dental routine.

- 1 Play a song from one of your child's favorite TV shows while they brush.**

Challenge your child to brush their teeth the full length of their favorite song. This can turn brushing their teeth into a fun, memorable experience and can encourage them to brush the recommended amount of time.
- 2 Tell a goofy story that gets them looking forward to defeating germs and plaque.**

Telling a fun, relatable story is a great way to get reluctant brushers to brush their teeth. Let your child know they're the only superhero who can fight off those bad guy cavities and germs.
- 3 Challenge your child to brush their teeth the full length of TV commercials while they watch a show.**

This will make down-time more productive for your little ones and motivate them to brush their teeth for the full two minutes.
- 4 Brush with your child.**

This will help your child learn by watching and copying you. You can even have a fun dance party while you brush to make brushing a fun event.
- 5 Be a role model.**

As a parent, you understand the importance of good dental habits and should do your best to pass them on to your children. After all, you're the number one person that can set the primary example for their growth and development.