Your Child’s Oral Health

Tooth decay is preventable, but it’s the most common childhood disease. Not only can it cause pain, but it can also interfere with a child’s ability to eat, speak, smile and concentrate. Healthy teeth and gums are vital to a child’s long-term overall health. Start good oral health habits now - and serve as a good role model by practicing good dental health habits yourself. It will help keep your child healthy and ensure a smile that lasts a lifetime.

Take care of teeth early.
A baby’s teeth can begin to decay soon after they first appear. Schedule your child’s first dentist appointment no later than the first birthday. Visit DentistBy1.com/Illinois for more information.

Teach kids to love their teeth.
Fighting cavities starts with brushing twice a day, flossing daily and visiting the dentist on a regular basis. Here are some key milestones to remember when it comes to caring for your kid’s teeth.

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<tr>
<th>AGE</th>
<th>1</th>
<th>2</th>
<th>8</th>
<th>10</th>
<th>13</th>
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<td></td>
<td>Start using fluoride toothpaste to brush a child’s teeth.</td>
<td>Children can brush and floss their own teeth with help.</td>
<td>Supervise a child’s brushing until this age.</td>
<td>Supervise a child’s flossing until this age.</td>
<td>All permanent teeth should be in by now.</td>
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Use only a small amount of fluoride toothpaste.

Consider sealants.
Sealants on new molars are one of the best tools for helping your child prevent tooth decay. They’re easily applied by a dentist with no drilling or discomfort.

Children with sealants are 78% less likely to need fillings.

Encourage healthy eating.
Keep tooth-friendly snacks on hand – such as cheese, yogurt, lean meats, veggies and fruits. The calcium and chewing action can help strengthen and clean teeth.

Prevent mouth injuries.
Your child should wear a mouthguard when participating in any activity that carries the risk of mouth injury. This includes organized sports, skateboarding, bicycling and more.

Types of mouthguards include boil and bite, over-the-counter and custom-fit.

Visit deltadentalil.com/oralhealth for more information.