DELTA DENTAL®

Your Child's Oral Health

Delta Dental of Illinois Foundation

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.

AGE	1	2	8	10	13
	Start using fluoride toothpaste to brush child's teeth.	Children can brush and floss their own teeth with help.	Supervise a child's brushing until this age.	Supervise a child's flossing until this age.	All permanent teeth should be in by now.

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 YourOralHealthHub.com for more information.

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