

Looking after your kids' teeth



As a parent, one of your most important roles is to ensure that your child's teeth and gums are healthy. This patient information brochure provides important information on how to look after your kid's teeth and keep them healthy.

The Importance of Good Oral Health in Children

Good oral health is important for children for several reasons. It can help to prevent cavities, gum disease, and tooth decay. It can also promote healthy development of the jaw and permanent teeth. Additionally, good oral health can help to prevent bad breath, speech problems, and difficulty eating or sleeping.

Kid's Teeth Care Tips

Here are some tips to help you look after your kid's teeth and gums:

Start Early

It's important to start looking after your child's teeth as soon as they begin to emerge. Use a clean, damp cloth to gently wipe your baby's gums after feeding. Once teeth start to appear, start brushing twice a day with a soft-bristled toothbrush and a small amount of fluoride toothpaste. Ask your dentist when it is appropriate to start using toothpaste with fluoride for your child.



Encourage Good Habits

Encourage your child to brush their teeth twice a day, for at least two minutes each time. Make brushing fun by playing music or using a timer. Also, teach your child to floss once a day when their teeth start to touch. You can make flossing fun by using floss picks or letting your child pick out their own dental floss.



Choose Healthy Snacks

Eating healthy snacks can help to promote good oral health. Avoid sugary snacks and drinks, such as candy, soda, and juice. Instead, choose healthy snacks such as fruits, vegetables, and cheese. These foods can help to strengthen teeth and promote healthy gums.



Visit the Dentist Regularly

It is important to take your child to the dentist regularly, even if their teeth appear to be healthy. The dentist can detect early signs of dental problems and provide treatment before they become more serious. It is recommended that children visit the dentist every six months.

Be a Role Model

Children learn by example, so it's important to be a good role model for your child. Brush and floss your own teeth in front of your child, and let them see you make healthy food choices. This can help to encourage good oral health habits in your child.



Protect Teeth During Sports

If your child plays sports, make sure they wear a mouthguard to protect their teeth from injury. Mouthguards are available in various sizes and can be custom made by your dentist to fit your child's mouth.



Conclusion

Looking after your kid's teeth and gums is an important part of promoting good oral health. Starting early, encouraging good habits, choosing healthy snacks, visiting the dentist regularly, being a role model, and protecting teeth during sports are all important steps in maintaining good oral health for children. If you have any concerns about your child's oral health or need additional information, talk to your dentist or healthcare provider.