How to have “healthy teeth”

1. It is most important that your child go to sleep each night with clean teeth - during the 8 hours of sleep the saliva can help re-mineralize weak areas, when teeth are clean.

2. We encourage you to teach your child good brushing habits, but an adult needs to brush and check the child’s teeth for good cleaning each day – before bedtime is best.

3. Between meal eating or drinking of juice, milk, etc., keeps the teeth under constant attack – between meals – water only or sugar free food and drinks is best. Chewing gum that contains the ingredient “Xylitol”, however, can help prevent tooth decay. (Example: Carefree Koolerz Gum)

4. Fluoride helps make the enamel of the tooth harder and stronger. Drinking fluoridated water helps the developing permanent teeth grow stronger. Brushing with toothpaste containing fluoride and getting fluoride treatments at a dental office helps make the teeth more resistant to decay.

5. Every child should see a dentist before age 2 so that the dentist can evaluate the child’s mouth and perform preventative care. These check-ups should definitely be performed by the age of 5. Children who have had any decay or “white spots” should go to the dentist every 6 months.

6. Dental decay is a bacterially transmitted disease that can be transferred between members of a household. The baby “catches” the germs that cause tooth decay from someone else. All members of a family need to visit a dentist regularly to treat and prevent decay.