

## *How to have “healthy teeth”*

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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