

Teeth Are Important, Too!

Quick Facts:

- All children should take a fluoride supplement to help strengthen their teeth and prevent decay. Ask your dentist or pediatrician to prescribe fluoride.
- It is best to put infants to bed only with bottles with water. Milk, breast milk and formula have forms of sugar which cause decay.
- Visit the dentist regularly. Children should visit the dentist by their 3rd birthday. Continue dental appointments every 6 months.
- Ask your dentist about sealants. Sealants are applied to molars to prevent decay for up to 5 years.
- For further information or assistance in locating a dentist call, (661) 861-5288



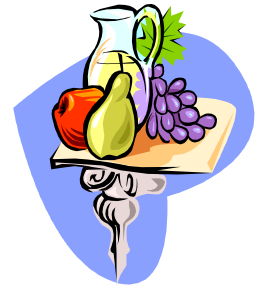
Baby Teeth Are Important

Children's teeth are important and play a necessary part in language development, appearance and self-esteem. Taking care of children's teeth should begin at birth by caring for infants' gums after each feeding. Providing children with well-balanced meals, positive brushing skills and encouraging regular dental check ups will lead to bright and healthy smiles.

Helping Children Care For Their Teeth Is Easy

Help insure healthy gums and baby teeth by cleaning your infants gums after each feeding (bottle or breast). Wrap a soft, clean washcloth around your finger and wipe the baby's gums. As soon as teeth begin to appear use a soft toothbrush. Older children (1-7 years of age) should be encouraged to brush after each meal with a child size toothbrush and fluoride toothpaste (only use toothpaste if child does not swallow it). Show children how to brush in circles on every tooth, making sure to also brush the tongue. It is important that children receive adult help while brushing. Children often miss important areas on chewing teeth, which lead to cavities.

Healthy Eating Habits Lead To Healthy Teeth



Many foods that children enjoy lead to cavities. Provide a variety of healthy meals and snacks, avoiding those that contain sugar. Be aware, many juices and "treats" claim to be 100% fruit juice yet have high amounts of sugar. Here are some ideas we hope might help:

Instead of:

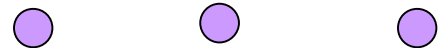
Fruit Snacks
Sports Drinks/
Punch
Chips
Pudding

Try:

Yogurt Raisins
Milk or Juice
Milk or Juice
Pretzels
Yogurt

Making Brushing Fun!

Allow children to become involved and take part in fun activities that encourage toothbrushing and healthy eating. Fear of dentists can be eliminated by role modeling and reading books about dental appointments.



Fun activity: *"Healthy Plate"*

Let children cut out healthy food from magazines and paste onto a paper plate. Discuss healthy foods and their importance.

Books: *How Many Teeth?*

By: *Paul Showers*