

“11 Secrets For Raising Cavity Free Kids”

Today, in our society, there are a couple of benefits our children have, that we didn't have when we were younger. For example, one of the great benefits is that kids today are growing up with fluoride in the water. People are becoming more aware of hygiene; Parents are becoming more aware that they need to bring their kids to the dentist.

I made this simple special report to give you a couple quick, helpful tips that you can use to help your child grow up with healthy teeth, and prevent as many dental problems as possible. When is the earliest a parent should start bringing their child to the dentist?

Most dental books say when your child begins to have teeth, but that usually doesn't work out so well. What I usually do is, say to the parents who come to me is, “When the kids three years old or four's year old bring them in with you. I'll sit them in the chair ride them up and down. Lean them back. If they let me look in their mouth and count their teeth, I will! If they let me polish their teeth I will.

11 Secrets for Raising Cavity Free Kids!

1. Begin cleaning your baby's mouth with a clean gauze pad the first week the child is brought home from the hospital. Although most babies don't have any teeth until about six months of age, a daily cleaning in infancy will get your child accustomed to the process, and ensure clean and healthy gums when the teeth do come in.
2. By starting early, your baby is more likely to accept your cleaning her teeth later, when it is necessary to prevent tooth decay. Incorporate a toothbrush and fluoride toothpaste into the routine by the time your child reaches 18 months, or at the time her first molars come in.
3. Your child's first visit to the dentist should be by the age of one. Although baby teeth will eventually fall out, they are very important to your child's dental development. That is because the muscles of his/her mouth and jaw form around the foundation laid by her first set of teeth. The dentist can make sure your first child's dental development is proceeding normally as early as her first birthday and with checkups every six months there after.
4. Stop your Child's thumb sucking habits before his permanent teeth come in or by the age of six. Sucking on a thumb or pacifier is a natural and satisfying behavior for babies. However, the habit can alter the position of the baby's developing teeth and the dental arches if it continues after his permanent teeth begin to erupt. Fortunately, the damage is usually self-correcting, unless your youngster continues the habit much past the age of six. If you are having trouble getting your child to stop sucking his thumb, your pediatric dentist may be able to offer some advice.
5. Make sure your child gets the benefits of the latest in cavity prevention,

including fluorides and sealants. Fluoride supplements are generally prescribed at age three, when all the baby teeth are in.

6. Have your dentist apply a sealant to protect the biting surfaces of the molars. These are generally applied when the six year molars come in. Sealants are nearly 100 percent effective in preventing cavities on the biting surfaces of molars, the most cavity-prone area of the mouth. They are approximately one-half the cost of a filling.

7. Do not give your child a bottle at night with juice or milk. If your child must have a bottle at bedtime, dilute it with water or use a pacifier.

8. If your child uses a pacifier, don't dip it in any sweetener. Some dentists have taught this in the past and it is not a good idea!

9. If you live in a community where there is NO fluoride in the drinking water, ask your pediatrician or pediatric dentist about fluoride supplements as early as 6 months of age. Often, if your child needs a multi-vitamin anyway, one can be prescribed that includes fluoride as well.

10. You need to help a child under age 6 years old to do the brushing. Studies show that children under six do not have the dexterity to do a good job. One great strategy if you have a child, who likes to do everything on their own, is to let them do it first on their own. Then say now it's mommy or daddy's turn. I know that there are children who will fight you on brushing. No easy answer on how to do it.

11. Finally, the most important thing to realize is that children learn the behavior they observe. So, the reality is your dental health is just as important as your child's. When was the last time you had your dental check up and cleaning?

I hope this report has been very educational and helpful. If you have any questions, or would like to schedule an appointment, please call 1-(318)442-9555 schedule our 10 point Healthy Teeth Check -Up!