

# **The Children's Spot Begins Oral Hygiene For** **Twos, Tweeners, PKI & PK II on November 1,** **2015**

You can keep your child from getting tooth decay by starting his dental care early. Follow these steps to prevent cavities and keep his beautiful smile healthy.

## **No. 1. Get a Checkup**

Your child should see a dentist by his first birthday. Early preventive care saves you money in the long run. A CDC report shows that dental care costs are nearly 40% lower over a 5-year period for children who see a dentist by age 5.

## **No. 2. Teach Good Habits**

Brushing is crucial from the get-go. Before your baby has teeth, you can gently brush his gums. Use water on a baby toothbrush, or clean them with a soft washcloth.

When your baby's teeth appear, brush twice a day with an infant toothbrush and fluoridated toothpaste.

Start flossing when two of his teeth touch each other. Ask your dentist about techniques and schedules.

Brush and floss just before bedtime. After that, don't give your child any food or drink, except water, until the next morning.

Your dentist can suggest when your child should start using mouthwash. You'll need to wait until he knows how to spit it out.

## **No. 3. Avoid 'Baby Bottle Decay'**

Don't put your infant or older child down for a nap with a bottle of juice, formula, or milk. Sugary liquids cling to his teeth, feeding bacteria that can cause tooth decay.

If you must give your child a bottle to take to bed, make sure it contains only water.

## **No. 4. Cut Back on Juice**

Many parents think juice is a healthy daylong choice for a drink, but it can lead to tooth decay.

Limit your child to no more than 4 ounces a day of 100% fruit juice. Only give sugary drinks and foods at mealtimes, and use juice as a treat.

## No. 5. Control the Sippy Cup

A sippy cup can help kids move from a bottle to a glass, but don't let him drink from it all day long. Using it too much can lead to decay on the back of the front teeth if the drinks are sugary.

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### **DIRECTIONS FOR PROPER TOOTH BRUSHING in the classroom:**

1. Use a child-size toothbrush; which we have provided. **MAKE SURE THAT THE CHILD'S NAME IS ON THE TOOTHBRUSH.**
2. Dispense a pea-sized amount of fluoride toothpaste on the bottom of the 3 oz. cup.
3. Have the child swipe off the toothpaste.
4. Supervise children to ensure that they are brushing properly.
  - Place the toothbrush at a 45-degree angle to the gums.
  - Gently move the brush back and forth in short (toothwide) strokes.
  - Brush the outer surfaces of the teeth.
  - Brush the inner surfaces of the teeth.
  - Brush the chewing surfaces of the teeth.
5. Fill the 3 oz. cup half-full and show the child how to swish the water around and spit it into the sink.
6. Wipe the child's mouth and make sure their toothbrush has been rinsed.
7. Place the cover over the toothbrush.
8. Place the toothbrush back in the holder with the child's name on it.
9. NEVER FORCE CHILDREN TO BRUSH THEIR TEETH.
10. MONKEY SEE...MONKEY DO: LET CHILDREN WHO ARE FRETFUL WATCH OTHER CHILDREN WHO LOVE TO BRUSH!
11. POSITIVE REINFORCEMENTS:  
"My, what big teeth you have!"

“Wow...You are doing great!”

“Your teeth look great!”

Give out stamps for good tooth brushing.

Read books on teeth

12. Take your time with this activity. It is stressful on the children as well as the teacher.