



a GREAT PLACE to
GROW a SMILE



Lake Jeanette

ORTHODONTICS & PEDIATRIC DENTISTRY

Comprehensive dentistry for children ages 1 - 18

Orthodontics for children, teens and adults

Dental Care For School Age Children

How should MY CHILD'S TEETH BE CLEANED?

Children under the age of ten usually need the help of an adult to brush their teeth well and this should be done for 2 minutes twice each day with a soft toothbrush and fluoridated toothpaste. Flossing should also be done once per day with the assistance of an adult until the child is about 10 years of age.

How can I REDUCE THE RISK OF TOOTH DECAY?

Only drink sugary beverages, including sodas, fruit juice and sports drinks, at mealtime. Saliva increases during meals and helps neutralize acid production and rinse food particles from the mouth. Drink water between meals. If your child eats between meals, then choose nutritious foods like cheese, fruits and vegetables. If your child chews gum, choose sugarless gum. Good oral hygiene and regular dental visits that include cleanings, fluoride treatments and sealants will give your child the best chance for a lifetime of good oral health.

Should MY CHILD HAVE DENTAL SEALANTS?

Ninety percent of cavities in permanent teeth begin in the pits and fissures, or deep grooves, of a tooth. Sealants are a plastic coating that the dentist applies to the chewing surfaces of the back teeth. Sealants form a barrier that protects teeth from plaque and acid attacks, and hold up well under the force of normal chewing.

How can I PREVENT INJURIES to MY CHILD'S MOUTH?

A protective mouth guard is recommended for sports or other activities that may result in injury to the mouth or jaws. Your dentist can suggest an appropriate mouth guard. Always remember to use seat belts and bike helmets.

Does MY CHILD NEED a FLUORIDE SUPPLEMENT?

If your child drinks fluoridated city water, then no supplement is needed. If you have well water, then give your child bottled water that contains fluoride. Another option would be to test the well water to determine the level of fluoride and then supplement if necessary.

