

Kids' Healthy Smiles

A Sparkling Smile Helps You Look and Feel Your Best!



Healthy teeth and gums are important!

- ◆ Teeth bite, tear, and chew food.
- ◆ Teeth help you speak clearly...many letters of the alphabet cannot be sounded without the help of teeth (try saying "healthy teeth"). ☺
- ◆ Clean, healthy teeth help keep the rest of your body healthy, too.

Tips for keeping your teeth healthy and strong:

- ☺ Ask your dental hygienist to teach you to brush & floss correctly.
- ☺ Don't eat sugary foods (like candy) or starchy foods (like pretzels) between meals. Instead, try eating an apple, banana, or carrot. Drink milk instead of soda. Sodas are empty calories and provide no nutrients vital to body development.
- ☺ If you do eat between meals, brush your teeth afterwards.
- ☺ Regular visits to the dental hygienist insure good oral care.



Parents!

Dental decay (cavities) is the most common chronic disease of childhood, affecting 50% of children by middle childhood and more than 80 percent by late adolescence. Preventive care is vital.

- ◆ Set a good example for your child by brushing, flossing, eating healthy foods, and scheduling regular oral health visits for yourself.
- ◆ Visit the American Dental Hygienists' Association website at www.adha.org, and consult your dentist for complete recommendations.



Source: The American Dental Hygienists' Association

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Smile Savers

Oral health practices should begin from day one and continue throughout life.

Thoroughly clean your infant's gums after each feeding with a water-soaked washcloth or gauze pad. When the baby's teeth begin to erupt, brush them gently with a small, soft-bristled toothbrush.

Schedule regular oral health appointments starting around your child's first birthday.

At age two or three, begin to teach your child proper brushing techniques.



Change your child's toothbrush three to four times a year, and after every illness to avoid bacteria and germs.

Limit the amount of sugar children eat by providing fruits and vegetables for snacks instead of candies and cookies.

Check to see if your home's water supply is fluoridated.

Your dental hygienist can offer supplemental options if it isn't.