

The Wisdom Tooth

Are your children brushing and flossing their teeth properly?

Many times during the school year, we have the opportunity to look in children's mouths. The majority of children have clean, well-maintained teeth, but there are some where the neglect is obvious. It is a good idea to get in the habit of looking at your child's teeth. Everyone, child and adults, could benefit from the use of DAILY flossing. Younger children will need help with this.

Keeping Your Teeth Healthy

Kids can take steps to keep their teeth healthy! Here's what they can do:

Brush twice a day (at least): after breakfast and before bedtime, and if you can brush after lunch or after snacks that is even better! Brushing properly breaks down plaque.

Be sure to brush all your teeth: spend some time on the teeth along the sides and in the back of your mouth.

Spend at least 3 minutes brushing your teeth. To help you keep track of time, use a timer or listen to your favorite song to help pass the time.

Use a toothbrush with soft bristles: ask your parent or guardian to help you get a new toothbrush every 3 months.

Floss your teeth because brushing isn't the only thing that keeps your mouth healthy: slide the dental floss between each tooth and up along the gum line. Floss gets rid of food that's hidden where your toothbrush can't get it.