

# Eggert Family Dentistry

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## Some Tips for Excellent Oral Health for Kids

- Always brush at least twice each day
- Always floss at least once each day
- Clean the gum tissues of babies and toddlers daily with a wet cloth
- Start brushing a child's teeth as soon as they erupt
- Children should have their first dental visit soon after the eruption of their first tooth or by their first birthday, whichever is first
- It is best to use a non-fluoride toothpaste until children can effectively spit out the excess toothpaste, usually around age 3
- Parents should brush for their children until about age 4
- Children 4-8 years old should still be supervised when brushing and flossing and a parent should help at least once each day
- Limit juice (even all-natural), soda, chocolate milk, and other drinks that can lead to decay; milk and water are the best drinks for teeth
- Use regular cups or transitional cups without a valve, not sippy cups with a spill-proof valve
- Avoid gummy worms, fruit snacks, dried fruit, raisins, or other sticky snacks
- The permanent first molars usually erupt around age 6, placing sealants on these teeth can help prevent future decay
- Children who play sports should use a mouth guard to prevent injuries
- It is critical for children to visit the dentist regularly to maintain a healthy smile; at each dental "well visit" our team will
  - Check on oral hygiene and give tips and instructions for optimal cleaning
  - Identify injuries, cavities, or other problems
  - Determine your child's risk of getting tooth decay
  - Assess how the teeth are developing
  - Identify the need for future treatment for crooked teeth or a "bad bite"
  - Provide advice to help you take care of your child's oral health