Keeping Kids' Eyes, Ears, and Teeth Healthy!



HEALTHY TEETH

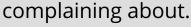


Why should teeth stay healthy?





- Tooth decay or cavities are a common problem in the US.
- Children who have cavities are at a higher risk for getting more cavities.
- Tooth decay is painful. It will affect how your child eats, speaks and learns.
- Tooth decay happens over time. Children may change the way they eat or speak to avoid the pain.
- If you see tooth decay, get it evaluated by a dentist even if your child says it does not hurt. Dental screenings help identify cavities that your child is not





Students with dental pain may have trouble:

- Staying on track in school
- Having confidence or high self-esteem
- Making friends
- Focusing in class •



When should children see the dentist?

- Children should get their teeth cleaned at the dentist every 6 months, starting at age 1 - this helps them get used to going to the dentist.
- Even though they will lose their primary teeth, tooth decay on these teeth can cause problems with speaking, eating, and affect the formation and healthy of their adult teeth.

Visit the dentist right away if children:

- Say their tooth or face hurts
- Say it hurts when they eat or drink
- Are sensitive to really hot or cold food and drink
- Have holes in their teeth
- Have brown, black or white stains on a tooth

If your child's school has a dental program, fill out all the paperwork to make sure they can get seen in school!

Where can I find a dentist?

- Ask your child's teacher or school nurse if dental screenings happen at your child's school!
- Talk to other parents who take their kids to the dentist. If you find a good dentist, be sure to tell other parents so they can bring their kids there too
- If you are having trouble finding a dentist, sometimes your doctor or pediatrician can provide fluoride treatments. While a full dental cleaning is preferred, fluoride can protect kids teeth and can be a good alternative if there is no dentist in the area.
- It may be hard to get a dentist appointment quickly. Try to think ahead and

schedule dentist cleanings!

What can I do at home?

Make sure kids...

- Brush 2 minutes morning AND night Use toothpaste with fluoride
- Floss once a day

Under Age 3

Use only a small "smear" of toothpaste because they won't be able to spit.

Ages 3 to 6

Use a pea-sized

amount of

toothpaste.



Begin brushing as soon A as teeth come out of the gums!

When you start brushing your child's teeth, you can use a soft brush or a clean cloth with water on it 1-2 times per day.



As kids get older, encourage them to brush their own teeth!

When making this transition, have them brush first and then you brush for an additional 2 minutes to make sure they did a good job.