



# KIDDING AROUND

Even though it can be hard to get young kids to slow down, it's important to make time for oral hygiene. Starting good habits now will set the stage for a lifetime of healthy smiles.

Visit the orthodontist by age 7.  
Supervise your child's brushing until age 8.  
Supervise your child's flossing until age 10.  
All permanent teeth should be in by age 13.



A pea-size amount of fluoride toothpaste is all that's needed.



Keep healthy snacks on hand, like cheese, yogurt, lean meats, veggies and fruits.



Putting sealants on newly-erupted molars can help prevent cavities.



If your child is uncomfortable with dental appointments  
Listen to music, and try to stay in the exam room if possible.  
Have the dentist explain procedures.

