

Dental care

for children and adolescents

Cavities can affect children very early in life, and although they are totally preventable, they remain the most common chronic disease in children.

Eat right for healthy teeth

Start when you are pregnant

Women who eat foods rich in **calcium, vitamins C and D, and phosphorous** help their babies to develop stronger, healthier teeth.

Reduce carbohydrate-rich foods and sugary drinks

They fuel oral bacteria's harmful acid-production process. If they are eaten, they should be consumed as part of a daily meal and not as a snack.

Eat fiber-rich fruits and vegetables

Foods such as carrots and celery stimulate saliva production and neutralize the acids damaging their teeth.



Dental check-ups

Children 12 months and older: Most children should see a dentist twice a year. Some children may require more frequent visits if their they are at high risk for cavities.

Children 10 to 18 years old: Adolescents need to be seen regularly by a dentist who will evaluate their needs for sealants, fluoride and X-rays.

Getting your kids to brush

Turn an everyday chore into "family brushing time," a dedicated time in the mornings and evenings that allows parents and young children to spend time together as they brush and floss. Children have a tendency to imitate their parents and there is strong scientific evidence that shows a correlation between parents' oral habits and their children's.



Oral-care tips

All children's oral hygiene should be supervised by an adult.

- Brush twice a day with fluoride toothpaste for two minutes and floss daily.
- For children younger than 3 years, use rice-size amount of toothpaste.
- Avoid prolonged thumb-sucking or pacifiers, which can reshape the oral palate and cause speech and swallowing impediments.
- Do not allow infants to go to bed with a bottle/food.