

National Children's Dental Health Month

Aegis News

As the nation is celebrating the Children's Dental Health in February I want to encourage each parents to be aware of their child's dental health. Along with daily brushing and flossing, develop a healthy diet at home. Please stay away from sodas and juices. Avoid buying at home is the best way to prevent them consuming the carbonated drinks daily. Have a "sweet day" or have a small portion with a main meal, might help them enjoy some sweets. Please give special instructions to the caregivers also who takes care of your kids. Also don't forget to have regular dental check ups and cleaning and fluoride treatments, which helps in remineralizing the enamel. Together we will give them a great SMILE !!! Dr. Chandy

Brush Floss Smile



Limit Sugary beverages

Other than sugar, the acids in both sugary and sugar-free drinks are harmful for the teeth.

Best drinks for your teeth

Water and unflavored milk



Smear

Age less than 2 years

Pea-size

Age 2 to 5 years

Regular

Age more than 5 years

Fluoride Toothpaste

American Dental Association suggests its safe for kids under 3 years to use a smear or a grain size of fluoride tooth paste. It's less likely to cause fluorosis and it helps to prevent cavities.

Feeding to sleep habit.

Both bottle feeding and breast feeding to sleep habit should be stopped by 1 year of age to prevent tooth decay.

Baby teeth are important for chewing, speech and holds adult teeth space

Pacifier use.

American Academy of Pediatrics recommends weaning children from pacifier from 6 months of age.

When should the child start brushing alone?

Parents should supervise a child until they develop the manual dexterity to hold the tooth brush and to reach all the areas of the mouth.

If a child can tie his/ her shoe, or can do cursive writing, or can take care of their personal hygiene like washing hair without assistance are examples showing if the child is able to brush their teeth. Until then supervision or help needed.

6-9 years is a good time to train them for solo brushing. Under 6 years its good if kids try to brush themselves, but parents should brush afterwards. Brushing with supervision until 12 is a good idea.



First Dental Appointment

Your child's first dental appointment should be when they get their first tooth or by their first birthday.