

# Dental Health in Children

## Cavities are Preventable

They are caused by germs in the mouth interacting with sugars in food and drinks. You can't avoid germs or sugars, but you can limit exposure to them.

### Keep Teeth Healthy By:



Drinking fluoridated water.



Using fluorinated toothpaste twice a day.



Visit the dentist regularly, or...



Ask your child's doctor to apply fluoride varnish to the teeth up to four times a year.

## Child and Teen Checkups



Fluoride is the key to healthy teeth because it prevents cavities. Fluoride makes teeth more resistant to damage and strengthens them.

## Risk Factors for Cavities

- ◆ No daily exposure to fluoride from drinking water or toothpaste.
- ◆ Frequent exposure to sugary foods and drinks.
- ◆ Use of bottle or sippy-cup for nap or bedtime or between meals.
- ◆ Family members who have cavities.

## When to See a Dentist?

It is now recommended that children see a dentist by their first birthday or within six months after the first tooth comes in.

**Baby Teeth are Important. Many children who don't get dental care lose their baby teeth early because of cavities.**