

*Children's
Dental Care*
CHECKLIST



Children's Dental Care

CHECKLIST



Daily Dental Routine

Brushing

Help your child establish the habit of brushing their teeth at least twice a day, using a fluoride toothpaste suitable for their age group. Ensure they brush for a minimum of two minutes each time.

Flossing

Start flossing your child's teeth once they have two teeth that touch. As they grow and enhance their dexterity, educate them on the correct flossing technique.

Supervision

Monitor your child's brushing and flossing routine until they can perform it independently, which typically happens around the age of 7 or 8.

Healthy Eating Habits

Limit Sugary Snacks and Drinks

Decrease the intake of sugary snacks, candies and drinks. Promote healthier alternatives such as fruits, vegetables and water.

Balanced Diet

Offer a well-rounded diet that is abundant in vital nutrients such as calcium, vitamin D and phosphorus. These nutrients play a key role in promoting strong teeth and bones.

Children's Dental Care

CHECKLIST



Regular Dental Visits

First Dental Visit

Arrange your child's first dental appointment within six months after their first tooth emerges or by their first birthday, as it sets the stage for a positive dental experience from the start.

Regular Check-ups

Stick to the dentist's suggested routine for regular check-ups, typically every six months. These consistent dental appointments assist in identifying any problems early on and keeping track of your child's oral health.

Preventive Measures

Fluoride Treatment

Talk with your dentist regarding fluoride treatments and whether your child would benefit from them. Fluoride plays a vital role in fortifying tooth enamel and warding off cavities.

Dental Sealants

Remember to think about having dental sealants placed on your child's molars to shield them from cavities. These sealants are a thin layer that shields the chewing surfaces of the rear teeth.



Good Oral Habits

Using Straws

Encourage your child to use a straw when consuming sugary or acidic drinks to reduce contact with their teeth.

Avoiding Thumb-Sucking and Pacifiers:

Assist your child in overcoming habits such as thumb-sucking and excessive pacifier use before their permanent teeth begin to emerge. These behaviours can impact the positioning of their teeth.

Oral Hygiene Education

Teach Proper Technique

Demonstrate the proper way for your child to brush and floss their teeth. Add excitement by incorporating a timer or playing a song while they brush.

Lead by Example

Showcase good oral hygiene habits by consistently brushing and flossing your own teeth.

Children's Dental Care

CHECKLIST



Emergency Preparedness

Protective Gear

If your child participates in sports or activities that may lead to dental injuries, make sure they wear a mouthguard to safeguard their teeth.

Encourage Positive Attitudes

Positive Reinforcement

Encourage your child by praising them for maintaining good dental hygiene and regularly attending dental check-ups to make sure that dental care remains a positive experience.

Every child has unique dental requirements, making it crucial to collaborate closely with your dentist to create a customized dental care plan for your child.

By following this checklist and maintaining consistency in your child's oral care routine, you can assist them in preserving a healthy and radiant smile for the years ahead.