



## Dental Care for Kids & Adolescents

Dental care from an early age is important for preventing tooth decay. Though baby teeth will eventually fall out, it is still important to care for the baby teeth. Tooth decay can cause pain and infection that may lead to problems with your child's growth, eating, speaking and learning.

Have your child visit a dentist regularly, or every 6 months, so your dentist can help you with ways to prevent and treat tooth decay in your child.

**SMILE GARDEN**  
Dentistry from infancy to adolescence

201-817 Bayridge Drive  
Kingston, ON K7P 1T5

Tel: (613) 384-0090  
Fax: (613) 384-1716

[info@smilegardendentistry.ca](mailto:info@smilegardendentistry.ca)  
[smilegardendentistry.ca](http://smilegardendentistry.ca)

**SMILE GARDEN**  
Dentistry from infancy to adolescence

# DENTAL CARE FOR KIDS & ADOLESCENTS



# ORAL HYGIENE

The foundation of dental health for your child's teeth is regular brushing and flossing. Here are tips on when and how to clean your child's teeth and gums.

## 1 BRUSH TWICE A DAY FOR TWO MINUTES

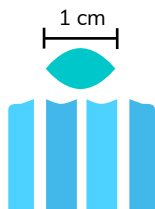


Brush your child's teeth for 2 minutes first thing in the morning after breakfast, and for another 2 minutes right before bed.

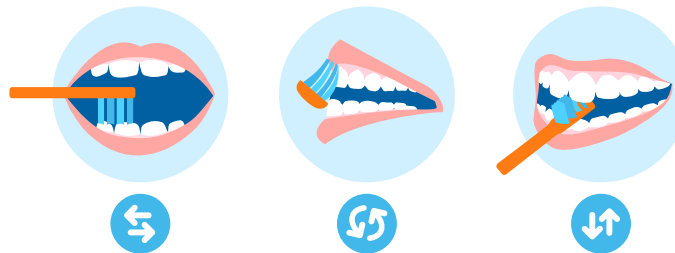
They start, you finish: Your child may find it fun to brush their own teeth and can start off the process. However, you should complete their brushing until they are old enough to tie their own shoelaces or cut food with a knife and fork on their own.

## 2 USE A "PEA-SIZED" AMOUNT OF TOOTHPASTE

If your child is 3 or over, use a "pea-sized" amount of fluoridated toothpaste to brush the teeth. When your child is able to spit out their toothpaste, they can graduate to an increased amount.

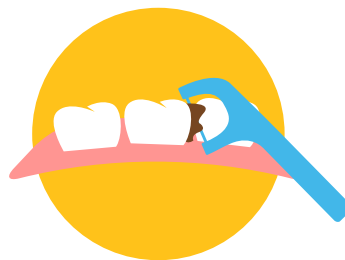


## 3 GENTLY BRUSH THE TEETH IN CIRCLES



Using gentle circles brush the teeth at a 45 degree angle to clean along the gums, being careful not to scrub too hard as this can hurt your child's gums. Cavities can form on the front, back and top of teeth, so clean every surface of every tooth.

## 4 REMEMBER TO FLOSS



If your child's teeth touch together, you should floss between the teeth once a day. Floss sticks are a great way to help you floss for your child.

# DIET

A healthy diet is key to preventing tooth decay. Use these diet tips to help keep your child's mouth healthy.

## ✗ DON'TS



- Avoid snacking on foods high in sugar such as candy, cookies, granola bars and dried fruits throughout the day. Even starchy foods such as crackers, chips and bread can be as harmful to the teeth as candy.
- Limit giving milk, juice and sweetened drinks to regularly scheduled meal and snack times.
- Always choose 100% unsweetened juice – and be sure to limit it to 1 cup a day.

## ✓ DOS



- Eat a balanced diet of healthy foods. Canada's Food Guide is a great resource.
- Keep your child hydrated with water in between meals.
- Pick snacks that help fight tooth decay such as cheeses, nuts, meats and firm/crunchy fruits and vegetables.