

Dental Tips for Parents

When should I bring my child in for their first dental visit?

Dentists and pediatricians recommend a first dental visit 6 months after the first tooth arrives. We strive to prevent problems and create positive experiences for the kids. For an infant or toddler, we do a lap to lap exam with the child laying on mom or dad's lap so everyone is comfortable.

What if my child is nervous to go to the dentist?

Many children become anxious about going to the dentist from things they've heard their parents or other family members say. Avoid using bribes for good behavior or telling scary stories. Your kids will pick up on the language you use. At Life Smiles, kids have fun and leave with a smile.

How many times a day should my child be brushing?

Morning and evening brushing is very important. If your child brushes 3 times per day, even better. It's important to use a fluoride toothpaste after age 2 ½, to prevent cavities. It's not too early to start flossing as well. Even baby teeth can get cavities between them. Flossing removes plaque between the teeth, where cavity-causing bacteria live.

At what age can my child brush their own teeth without my help?

Children like to be independent brushing their own teeth, sometimes at a very young age. As a parent it is great to encourage your child to brush their teeth and make it fun. Use a fun timer or song to encourage them to brush a full 2 minutes. We recommend helping kids up to the age of 6 with a follow-up brushing to clean any areas they didn't reach well. Mouthwashes are available which can also check for plaque and prevent cavities.

What are some foods that are unhealthy for my children's teeth?

Below is a list of some foods that are not recommended for a healthy mouth due to their sugar content, stickiness, or acidity.

Milk in a bottle in a child's crib at night	Sour candy
Juice more than 6 ounces a day	Hard candy
Soda pop	Fruit snacks that are sticky

Why does it matter if my child gets a cavity, if it is only a baby tooth?

Baby teeth are important for chewing properly. They also hold space for the permanent teeth to come in straight. Cavities lead to pain and abscesses when they are untreated. Children with healthy baby teeth are much more likely to have healthy, cavity-free permanent teeth.

Provided by the dental office of Krista Geisler, DDS



Learn more about our commitment to your whole family's dental health at www.life-smiles.net

Our well appointed office gives you the chance to relax while your children are being cared for.

- Free Massage*
- Calm Environment
- Fresh Fruit
- Spring Water
- Cable TV and WIFI
- Nearby Shopping and Restaurants

* Based on availability. Call for details.

Make your appointment today: 763 267 6381 | 3021 Harbor Lane North | Suite 101 | Plymouth, MN 55447