

“11 Secrets For Raising Cavity Free Children!”

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If you have kids, you know that introducing them to new things can be fun, challenging, exciting, frustrating, and so much more all at the same time!

Today, kids grow up learning that they don't want cavities. They get rewarded if they come to the dentist office and leave with an A+ on their dental report card. It definitely was not that way when we were kids.

As children, we grew up expecting to have cavities when we went to the dentist. Having the doctor pry, poke, and drill for an hour or so was normal.

However, that is not the case anymore! Times have changed!

Today, in our society, there are a couple of benefits our children have, that we didn't have when we were younger. For example, one of the great benefits is that kids today are growing up with fluoride in the water. People are becoming more aware of oral hygiene; and parents are becoming more aware that they need to bring their kids to the dentist. (I would change this to ...parents have learned to be much more proactive in bringing their kids to the dentist.)

This simple special report will give you a couple quick, helpful tips that you can use to help your child grow up with healthy teeth, and prevent as many dental problems as possible.

When is the earliest a parent should start bringing their child to the dentist?

Most dental books say when your child begins to have teeth, but that usually doesn't work out so well. What I usually tell the parents who come to me is, “When your child's three year's old bring them in with you. I'll sit them in the chair and let them ride them up and down and let them lean way back. Then I'll let them look in their mouth on the big computer screen

while we count their teeth. We will polish their teeth and at the appropriate age, when they are able to spit it all out, we paint a special fluoride “vitamin” to prevent cavities. ”

The key is that a visit to the dentist should be a fun experience. That way when they leave it's a not a negative thing, but they think, **“Hey, this doctor's office is a fun place to visit and everyone is friendly”**

So they go home and it was fine, then when they come back again and they're familiar with it they're actually going to enjoy it. Our profession's philosophy is geared towards teaching the children to enjoy being at the dentist, that way if they need something done **they are more likely to cooperate**. For most of the children, when we look in their mouth on their initial visit, there's really not going to be much going on since they're only three years old. When they leave they get a toothbrush and a great prize, and they had fun. So after that first enjoyable visit they will just come back in six months.

Parents seem to like that, because the kids I treat grow up without any fear of going to the dentist. If their early visits to the dentists aren't fun - well they're not going to want to come back!

11 Secrets To Raising Cavity Free Kids!

1. Begin cleaning your baby's mouth with a clean gauze pad the first week the child is brought home from the hospital. Although most babies don't have any teeth until about six months of age, a daily cleaning in infancy will get your child accustomed to the process, and ensure clean and healthy gums when the teeth do come in.
2. By starting early, your baby is more likely to accept your cleaning his/her teeth later, when it is necessary to prevent tooth decay. Incorporate a toothbrush and fluoride toothpaste into the routine by the time your child reaches 18 months, or at the time her first molars come in.
3. Children need to start visiting the dentist no later than age 3 and if you have any question as early as age 1. Although baby teeth will eventually fall out, they are very important to your

child's dental development. That is because the muscles of his/her mouth and jaw form around the foundation laid by her first set of teeth. The dentist can make sure your child's dental development is proceeding normally with checkups every six months.

4. Stop your child's thumb sucking habits before his permanent teeth come in usually by the age of six. Sucking on a thumb or pacifier is a natural and satisfying behavior for babies. This is why we don't want to force them to stop before then. However, the habit can alter the position of baby's developing teeth and the dental arches if it continues after his permanent teeth begin to erupt.

Fortunately, the damage is usually self-correcting, unless your youngster continues the habit much past the age of six. If you are having trouble getting your child to stop sucking his thumb, your dentist may be able to offer some advice.

5. Make sure your child gets the benefits of the latest in cavity prevention, including fluorides and sealants. If you use bottled water, fluoride supplements are generally prescribed at age three, when all the baby teeth are in.
6. Have your dentist apply a sealant to protect the biting surfaces of the molars. These are generally applied when the six-year molars come in. Sealants are nearly 100 percent effective in preventing cavities on the biting surfaces of molars, the most cavity-prone area of the mouth. They are approximately one-half the cost of a filling.
7. Do not give your child a bottle at night with juice or milk. If your child must have a bottle at bedtime, dilute it with water or use a pacifier.
8. If your child uses a pacifier, don't dip it in any sweetener. Some doctors have taught this in the past and it is not a good idea!
9. If you live in an area where there is NO fluoride in the drinking water, ask your pediatrician or dentist about fluoride supplements as early as 6 months of age. Often, if your child needs a multi-vitamin anyway, one can be prescribed that includes fluoride as well.
10. You need to help a child under age 6 years old do the brushing. Studies show that children under 6 do not have the dexterity to do a good job. One great strategy if you have a child,

who likes to do everything on their own, is to let them do it first on their own. Then say that it's mommy or daddy's turn. I know that there are children who will fight you on brushing. Your dentist can show you an easy strategy for how to do it.

11. Finally, the most important thing to realize is that children learn the behavior they observe. So, the reality is your dental health is just as important as your child's. When was the last time you had your dental check up and cleaning? We hope that you found this article to be a useful resource.