

Oral Health Tips for Preschool and School-aged Children

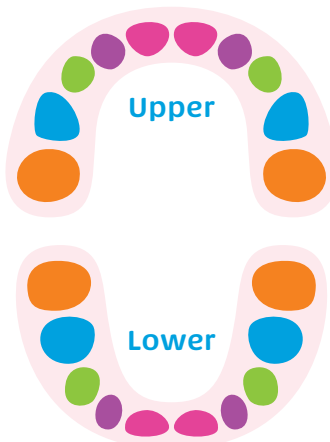
- Establish and stick to a **'toothbrushing routine'** every day. Should be done or supervised by an informed parent.
- Brush using a **pea-sized amount of fluoride-containing toothpaste twice per day, after breakfast and right before bed.** Encourage your child to spit out the toothpaste.
- Floss teeth** at least once per day. **Dental flossers** are an easy alternative when the child has a small mouth or if the manual dexterity isn't yet developed for conventional flossing.
- Brush the tongue** for fresh breath.
- Brush the gums** (pink skin around teeth). This is where many bacteria hide, causing gingivitis and cavities. Easier to access when cheeks are loose, so don't stretch open too wide.
- Sugar is broken down by **'sugarbugs' (bacteria)** into **glue**, which allows the bugs to stick to the teeth, and **acid**, which pulls the mineral out of teeth, softening them.
- Frequent eaters or drinkers** of sugar-containing foods or drinks will need more frequent toothbrushing and flossing.
- Rinsing with water after a snack or drink** will help to decrease the loss of mineral from teeth.
- Chewing **xylitol sugarless gum** (like Pür or Spry) is especially helpful after eating or drinking and can reduce the number of sugar bugs.
- Avoid frequent sugar consumption and 'sticky' foods** like fruit roll-ups, toffee and granola bars. These can be very harmful to teeth.
- Try to give snacks with low cavity-causing potential, **e.g. cheeses, nuts, fruits (except dried), vegetables, popcorn, meats.**
- Try to restrict cavity-causing foods to mealtimes, e.g. chocolate and ice cream for dessert.
- Fluoride supplements** are useful in helping to prevent cavities. Dosage depends on age and weight of child. Other sources of fluoride must also be considered. If using a pill, the child chews it and leaves on teeth overnight.



Upper

Erupt Shed

8-12 months		6-7 years
9-13 months		7-8 years
16-22 months		10-12 years
13-19 months		9-11 years
25-33 months		10-12 years



Lower

Erupt Shed

6-10 months		6-7 years
10-16 months		7-8 years
17-23 months		9-12 years
10-16 months		9-11 years
23-31 months		10-12 years