

Tooth decay is preventable, but it's the most common childhood disease. Not only can it cause pain, but it can also interfere with a child's ability to eat, speak, smile and concentrate. Healthy teeth and gums are vital to a child's long-term overall health. Start good oral health habits now - and serve as a good role model by practicing good dental health habits yourself. It will help keep your child healthy and ensure a smile that lasts a lifetime.



Take care of teeth early.

A baby's teeth can begin to decay soon after they first appear. Schedule your child's first dentist appointment no later than the first birthday. Visit DentistBy1.com/Illinois for more information.



Teach kids to love their teeth.

Fighting cavities starts with brushing twice a day, flossing daily and visiting the dentist on a regular basis. Here are some key milestones to remember when it comes to caring for your kid's teeth.

AGE	1	2	8	10	13
	Start using fluoride toothpaste to brush a child's teeth.	Children can brush and floss their own teeth with help.	Supervise a child's brushing until this age.	Supervise a child's flossing until this age.	All permanent teeth should be in by now.

Use only a small amount of fluoride toothpaste.



Consider sealants.

Sealants on new molars are one of the best tools for helping your child prevent tooth decay. They're easily applied by a dentist with no drilling or discomfort.

Children with sealants are 78% less likely to need fillings.



Encourage healthy eating.

Keep tooth-friendly snacks on hand - such as cheese, yogurt, lean meats, veggies and fruits. The calcium and chewing action can help strengthen and clean teeth.



Prevent mouth injuries.

Your child should wear a mouthguard when participating in any activity that carries the risk of mouth injury. This includes organized sports, skateboarding, bicycling and more.

Types of mouthguards include boil and bite, over-the-counter and custom-fit.

Visit deltadentalil.com/oralhealth for more information.

Delta Dental of Illinois
Smart plans for smart mouths.

