

HOW TO BRUSH

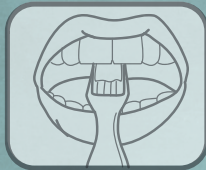
Place the toothbrush at a 45 degree angle to the teeth.



Move the brush back and forth gently in short strokes



Brush the outer, inner, and chewing surfaces of each tooth



HOW TO FLOSS

Wind the floss around your middle fingers



Grasp the floss with your index fingers and thumbs



Curve the floss into a "C" shape against the side of the tooth



Rub the floss gently up and down against the tooth



HOW IMPORTANT IS NUTRITION?

Preventing cavities is a two part battle. Both good oral hygiene practices and good nutrition are necessary in keeping our children's teeth healthy.




Here are some nutritional tips that go a long way in preventing tooth decay:

- Discourage frequent snacking between mealtimes. This includes sugary drinks.
- Do not allow your young child to sip frequently from a bottle or sippy-cup containing juice. Do not put your infant or toddler to sleep with a bottle of milk or juice.
- Encourage your children to drink water! If you give them juice, do so only at mealtime.
- Avoid soda and other sweetened beverages.



*For more information
please visit rosemandental.com
or call 801-878-1200.*

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THE DENTAL CLINIC
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Founded in Henderson, Nevada in 1999, Roseman University of Health Sciences is a non-profit, private institution of higher learning training the next generation of undergraduate and graduate level healthcare professionals that serve, collaborate and set new standards in their communities and within their professions.

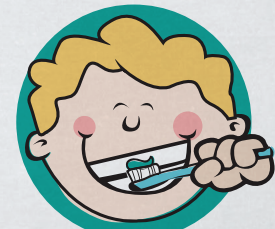


A Parent's Guide to Preventing Tooth Decay

Did you know tooth decay is the single most common chronic childhood disease?

And guess what? This disease can be prevented!

This guide is designed to teach the basics of keeping your children's teeth healthy and prevent early childhood tooth decay!



ROSEMAN
PEDIATRIC DENTISTRY INTEREST GROUP

0-2 YEARS OLD

First Dental Visit

A child's first dental visit should occur when his first baby tooth erupts or by 1 year of age.

Continue visiting the dentist every 6 months.

It is best to meet the dentist when your child's teeth are healthy. Don't wait for an emergency.

Brushing Baby Teeth

Once teeth begin to erupt, brush them gently every day with a soft, child toothbrush and a rice sized smear of fluoride toothpaste.

Prevent Baby Bottle Decay

Sipping on sugary liquids, including juice and milk, throughout the day and night contribute to rapid tooth decay. Give your baby bottles and sippy-cups during meal time only. Never put your baby to bed with a bottle or a sippy cup. Do not dip your baby's pacifier in sugary liquids.

Transferring cavity-causing bacteria

Another thing to remember is that cavities are caused by certain bacteria in the mouth. Babies are not born with this bacteria. It is usually transferred by a primary provider. Try not to put anything in your baby's mouth after putting it in your own. For example: do not clean your baby's pacifier by sucking on it and then placing it your baby's mouth.



2-6 YEARS OLD

Dental Visits

Continue visiting the dentist every 6 months for a check-up, cleaning, and fluoride treatment.

Oral Hygiene

Brush your child's teeth at least every morning and night. Use no more than a pea-sized amount of fluoride toothpaste. Begin teaching your child to spit out the toothpaste. He will probably not be able to spit it all out for some time.

Floss your child's teeth daily as soon as they begin to touch one another.

Sucking Habits

Most children stop sucking on pacifiers, fingers, and thumbs on their own.

Use positive forms of encouragement to assist in breaking the habit if necessary. Continued pacifier and thumb sucking can affect the alignment of your child's teeth. Consult your dentist if you are concerned.



BRUSH FOR **2 MINUTES**
2 TIMES PER DAY!
VISIT **2MIN2X.ORG** FOR
TIPS AND VIDEOS TO
ENCOURAGE YOUR CHILD
AND MAKE BRUSHING FUN

6-12 YEARS OLD

Dental Visits

Continue visiting the dentist every 6 months for a check-up, cleaning, and fluoride treatment.

Oral Hygiene

Supervise your child's brushing until they show you that they can effectively do so themselves. This includes proper angle and motion. Children should brush every morning and night, for 2 minutes, and floss once per day.

Sealants

When permanent teeth erupt, your dentist may want to place preventative sealants in the grooves of the molars to prevent decay.

Braces

Your dentist may refer your child to an orthodontist for an evaluation sometime during this age.

12-18 YEARS OLD

Dental Visits

Continue visiting the dentist every 6 months for a check-up, cleaning, and fluoride treatment.

Oral Hygiene

Continue reminding your child to follow the regular brushing and flossing regimen. If your child has braces, extra care will be needed to prevent cavities.

Injury Prevention

Ask your dentist to recommend or fabricate a mouth guard for your child if she plays contact sports.