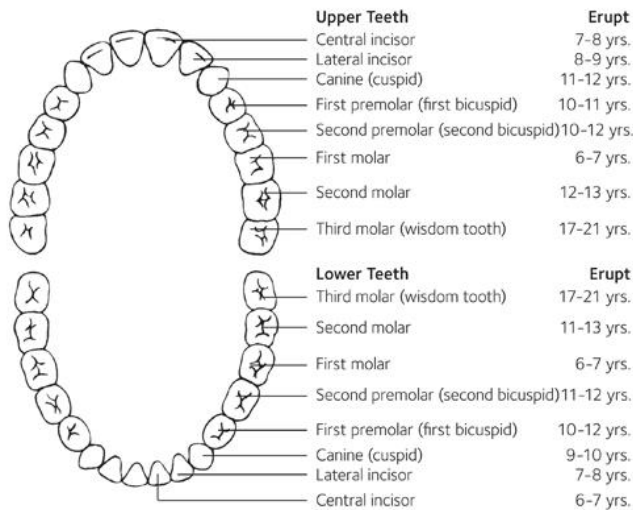


Care of Children's Teeth

- Permanent Tooth Eruption Chart:



- **Help** with brushing and flossing is important for children 8 and under. They do **NOT** have the **dexterity** to **brush and floss themselves**. Children whose **teeth touch** should be **flossed nightly** before bed. Make sure your kids are **brushing for 2 minutes twice a day**.
- **Make brushing fun!** Let kids pick their own toothbrush and toothpaste and allow them to brush with instruction for 2 minutes.
- **Snacking** is prominent in the lives of kids today but it can be **detrimental to teeth**. Constant snacking lowers the pH of the mouth, providing the perfect environment for cavities. Snacks should be healthy but it does not mean you need to deprive your kids of treats. They should be allowed treats every so often and it isn't the treats that usually cause the cavities. Cavities are caused by specific bacteria that turn sugars to acids and breakdown the enamel and dentin layers of the teeth. It is more about **sugar frequency** and how long these sugars are on the teeth.
- **Dental visits** should start around the **age of 2 or before** if you are concerned about anything. To prepare your child for their first dental visit, you should **read fun books about the dentist (Dora and Bernstein Bears are good)** so that they become familiar. Their **first visit at Toothworx** entails riding in the chair, allowing us to count the teeth, check their bite and check for visible cavities. We show them what everything does and create fun names for the different tools we use. There is also a **treasure box** for having a great check up!
- **Sucking** is a **natural reflex for infants** and **young children**. They may **suck on thumbs, fingers, pacifiers or other objects**, which usually helps them **relax or make them feel safe and happy**. Most children stop sucking by age 5, however, if your child continues to **suck their thumb after the permanent teeth have come in**, it may cause **problems with tooth alignment** and your **child's bite**. The **frequency, duration and intensity** of the habit determines whether or not dental problems may result. As children reach an age where they can understand consequences, they usually stop the habit on their own. If they find it hard to stop the habit on their own and are ready to stop, they are referred to an **orthodontist** to help them with this.

"Ralmar" 15 Point Finger Rd, Paget DV04, Bermuda



- Be careful not to pass on any fears you have of the dentist to your children. There visits here should be enjoyable and educational.

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