

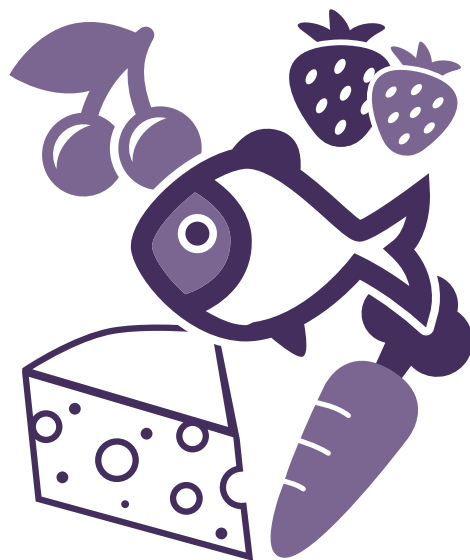


## KIDDING AROUND

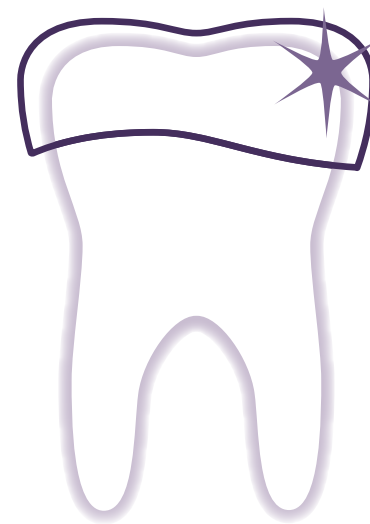
Even though it can be hard to get young kids to slow down, it's important to make time for oral hygiene. Starting good habits now will set the stage for a lifetime of healthy smiles.



A pea-size amount of fluoride toothpaste is all that's needed.



Keep healthy snacks on hand, like cheese, yogurt, lean meats, veggies and fruits.



Putting sealants on newly-erupted molars can help prevent cavities.

**7** Visit the orthodontist by age 7.

**8** Supervise your child's brushing until age 8.

**10** Supervise your child's flossing until age 10.

**13** All permanent teeth should be in around the age of 13.

IF YOUR CHILD IS UNCOMFORTABLE WITH DENTAL APPOINTMENTS, TRY A FEW CALMING TECHNIQUES.



Listen to music.



Stay in the exam room if possible.



Have the dentist explain procedures.