



Children's Oral Health

Basic habits are key to better oral and overall health.

Tips to help keep your child's teeth healthy!



What you do

Help your child to brush and floss each day until they can do it themselves. Encourage your child to wear a mouth guard during contact activities, and remember that children tend to follow by example: So be sure to reinforce positive behavior by modeling it yourself!



What you eat

Nutritious meals are not only healthy for children's growing bodies, but also for their teeth. Limit sugary beverages and prioritize fluoridated tap water for healthy teeth!

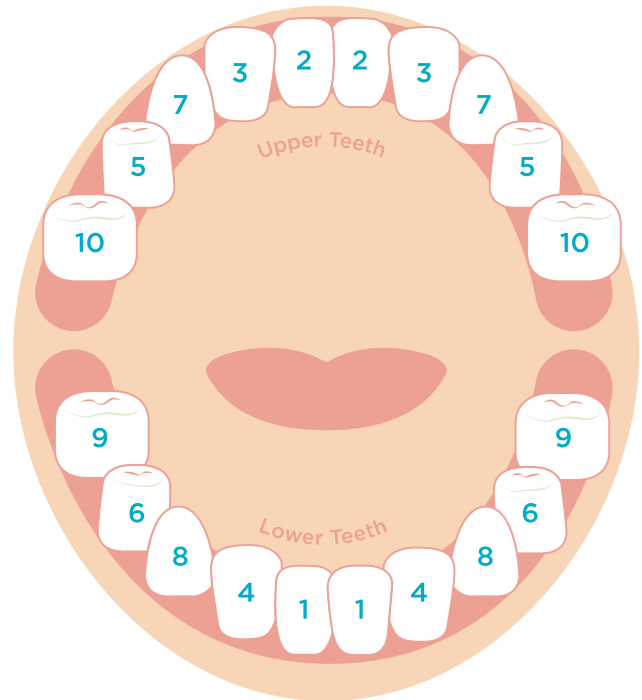


Preventive care

Preventive care is crucial to keeping a healthy mouth. Regular visits to the dentist for children often include preventive care, such as sealants and fluoride treatments, which protect kids' teeth from tooth decay and cavities. Most preventive care is covered by many basic dental insurance plans.

When can you expect your child's baby teeth to come in?

The image on the right denotes the order that baby teeth typically emerge.



Learn more about how your oral health connects to your overall health at: DeltaDentalMN.org