

Dental tips for kids and families

A checklist for each stage

Your children need your help to keep their teeth healthy and strong. Here's how you can help.

Age 3

- Teach your child how to brush using a pea-sized amount of toothpaste with fluoride.
- Finish brushing your child's teeth because it's unlikely they've covered them all.
- Put the toothpaste on the toothbrush for your child so they don't use too much and accidentally swallow it.
- Offer your child healthier foods that have less sugar and aren't as sticky.

Age 4

- Make sure your child is brushing his or her teeth twice a day using a pea-sized amount of fluoridated toothpaste.
- Supervise your children while brushing their teeth to make sure they're doing a good job.
- Discourage your children from sucking their thumb or a pacifier.
- Talk to your child about how and when they lose their baby teeth.

Age 6

- Make sure your child wears protective sports gear, such as a bike helmet and mouth guard.
- Help your child choose healthy foods.

Age 8

- Teach your child how to floss.
- Learn how to handle dental emergencies, and teach your child how to handle them.
- Start talking to your children about the dangers of cigarettes and tobacco.

Age 10

- Talk to your child about the dangers of smoking.
- Talk about the dangers of eating disorders and how it affects teeth.

Adolescence

- Talk to your child about eating healthy and avoiding sugary foods and drinks.
- Emphasize the importance of wearing protective sports gear and seat belts to avoid injury to the face and mouth.
- Discuss the effects that eating disorders have on teeth.
- Discuss the dangers of tobacco and other drug use with your teen.

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