

## Dental Care - Frequently Asked Questions



**Question: Are my child's baby teeth important even though they're not permanent?**

**Answer:** Yes! Baby teeth guide adult teeth and help them come in straight, while also allowing your child to chew food and stay healthy.

**Question: Can cavities become a big problem for kids? What do they look like?**

**Answer:** Yes, cavities can get worse, and fast! This can make it hard for your child to chew and enjoy food, and can lead to more serious dental problems if left untreated.



White Spots - early signs of cavity  
Severe



Mild

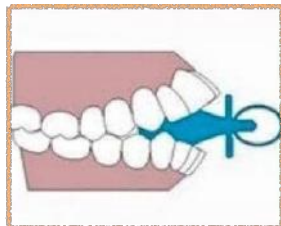


Moderate



**Question: My child sucks their thumb and loves their pacifier. Is this something that I should be worried about?**

**Answer:** Not right away, but prolonged habits after the age of 4 can cause a dental and skeletal malformation called an open bite.



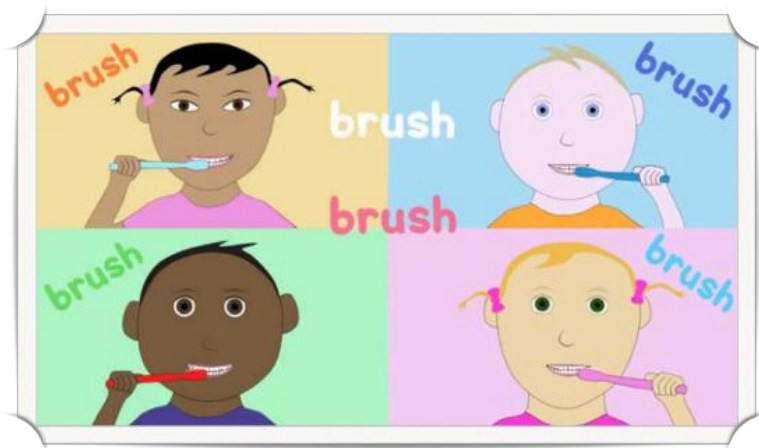
**Question: My dentist mentioned "Dental sealants." Is this something my child should have?**

**Answer: Yes! Sealants provide a "SEAL" to protect the tooth surface from bacteria and acids that can cause cavities.**



**Question: I know it's important for my child to brush their teeth, but how often should they do it? And for how long?**

**Answer: You should brush your child's teeth for 2 minutes x 2 times per day with fluoride toothpaste. Your child needs help brushing their teeth until at least the age of 6 or 7!**



**Question: What is fluoride varnish? Should I let my dentist or primary care doctor put it on my child's teeth?**

**Answer: Yes, fluoride varnish is vitamins for teeth. It can prevent tooth decay and is a naturally occurring mineral that strengthens teeth.**

