

## Dental Care - School-age Children



1. Continue to use fluoride toothpaste
2. Flossing is especially important as adult teeth start to come in. It removes bacteria and plaque in areas unreachable by the toothbrush.
3. Caregiver should supervise brushing until at least the age of 7-8 years.
4. Limit frequent snacking, sticky snacks, carbonated beverages, and sports drinks. Acidic and sugary drinks bathe the teeth in sugar!
5. Use xylitol gums or xylitol candies for sweet and satisfying, but cavity-free, treats! Xylitol is a plant-derived, all-natural sweetener that does NOT cause cavities.
6. Mouth guards (sport guards) are extremely important for any type of contact sports.
7. Wisdom teeth (third molars) can start erupting and cause pain or discomfort - Visit the dentist and have it checked out!
8. Rule of Two's - Build a habit of: Brushing 2 times a day x 2 minutes

