Brush and Floss

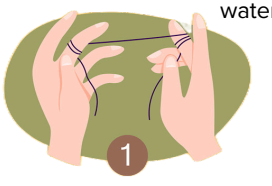
School Age (6-12 years old)

Age 0-3: grain of rice sized amount of toothpaste

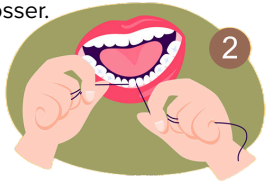
Age 3+: pea sized amount of toothpaste

The ADA recommends to brush teeth twice per day with fluoride toothpaste and to replace your toothbrush every three or four months

When your child has teeth that touch one another, you should begin flossing once a day. You can use traditional string floss, threaded floss picks, or a water flosser.

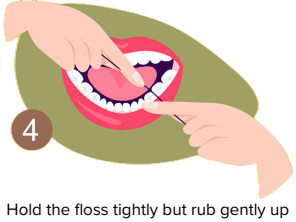


Thread floss between your fingers



Guide the floss in between your teeth

When the floss reaches the gum line, curve into a "C" shape against one tooth



Hold the floss tightly but rub gently up and down , repeat for each tooth!

Sports Injuries and Mouthguards

The American Academy of Pediatric Dentistry and American Dental Association recommend wearing a mouthguard for all organized and recreational sports.

Why?

- 13-39% of all dental injuries are sports related
- Mouthguards minimize the risk of injury to an athlete's teeth as well as their jaw, tongue, lip, and cheek.
- Collision and contact sports, such as boxing, are higher-risk sports for the mouth, but any athlete may experience a dental injury in non-contact activities too, such as gymnastics and skating.

Maintenance and Care

- *Rinse your mouthguard before and after each use*
- *Clean with cool, soapy water or a toothbrush and toothpaste (Never leave it in hot water or the sun!)*
- *Store in a vented container in between uses to keep dry and prevent bacteria from growing (store out of reach of pets!)*
- *Check for signs of wear and tear and replace as needed*

Types of Mouthguards

- Custom-made

This mouthguard is fully customized, with impressions taken in the dental office. A custom-made mouthguard is the top choice for high level protection, optimal fit, and comfort. Ask your dentist about this option, we take impressions in our office!

- Mouth-Formed "Boil and Bite"

This mouthguard is widely available for purchase and then adapted at home by heating and biting forming to the individual's mouth. This option is commonly used but can result in a poor fit and protection if manufacturer instructions are not followed precisely.

- Stock "Ready Made"

This mouthguard is the least expensive, but also considered least effective as there is no adaptation to the individual's mouth, requires the user's mouth to be closed to keep in place, and is susceptible to repositioning during sports activities.

Nutrition and Prevention

Feeds Healthy Smiles

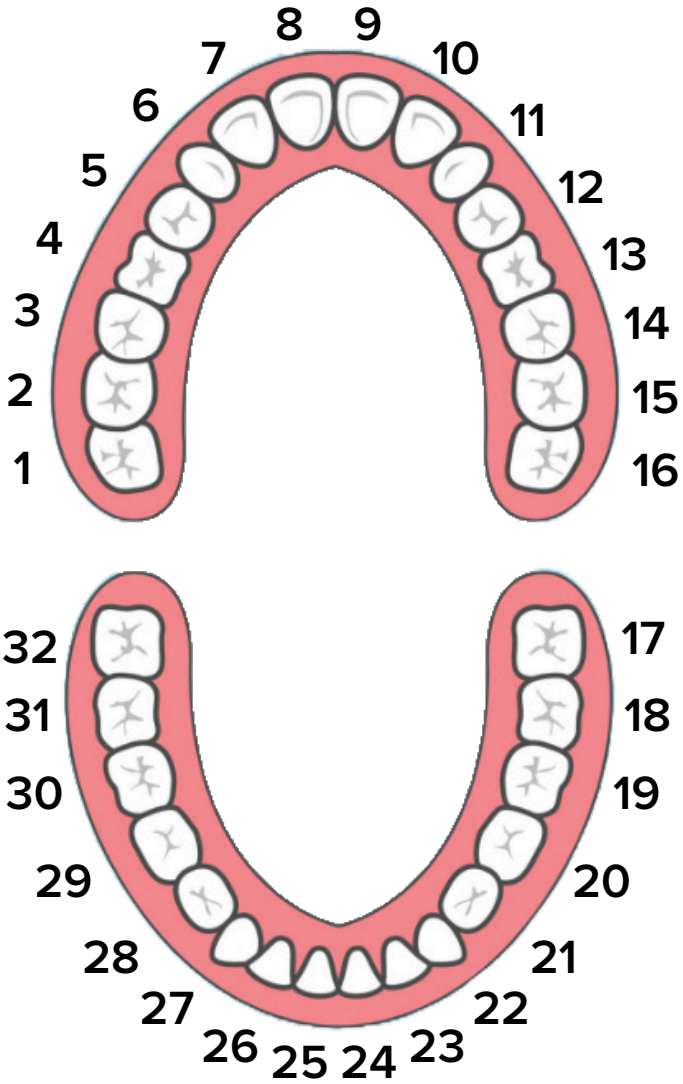
- Drinking plenty of water
- Crunchy fruits and vegetables
- Lean protein
- Dairy products like milk and cheese
- Routine brushing and flossing
- Regular dental cleanings and check-ups
- Wearing a mouthguard for sports
- Sealants applied to permanent molars at the dentist

Commonly Feeds Cavities

- Sugary drinks like soda, juice, and sports drinks
- Fruit snacks and other sticky foods
- Cookies and candies
- Crackers and pretzels
- Skipping brushing before bed

Growth and Development Chart

Permanent "Adult" Teeth



UPPER TEETH	ERUPT
1. THIRD MOLAR	17-21 YR
2. SECOND MOLAR	12-13 YR
3. FIRST MOLAR	6-7 YR
4. SECOND PREMOLAR	10-12 YR
5. FIRST PREMOLAR	10-11 YR
6. CANINE (CUSPID)	11-12 YR
7. LATERAL INCISOR	8-9 YR
8. CENTRAL INCISOR	7-8 YR
9. CENTRAL INCISOR	7-8 YR
10. LATERAL INCISOR	8-9 YR
11. CANINE (CUSPID)	11-12 YR
12. FIRST PREMOLAR	10-11 YR
13. SECOND PREMOLAR	10-12 YR
14. FIRST MOLAR	6-7 YR
15. SECOND MOLAR	12-13 YR
16. THIRD MOLAR	17-21 YR

LOWER TEETH	ERUPT
17. THIRD MOLAR	17-21 YR
18. SECOND MOLAR	11-13 YR
19. FIRST MOLAR	6-7 YR
20. SECOND PREMOLAR	11-12 YR
21. FIRST PREMOLAR	10-12 YR
22. CANINE (CUSPID)	9-10 YR
23. LATERAL INCISOR	7-8 YR
24. CENTRAL INCISOR	6-7 YR
25. CENTRAL INCISOR	6-7 YR
26. LATERAL INCISOR	7-8 YR
27. CANINE (CUSPID)	9-10 YR
28. FIRST PREMOLAR	10-12 YR
29. SECOND PREMOLAR	11-12 YR
30. FIRST MOLAR	6-7 YR
31. SECOND MOLAR	11-13 YR
32. THIRD MOLAR	17-21 YR

Permanent Tooth Emergency

If your child's mouth is bleeding, rinse with water and apply a cold compress. This will help with bleeding and swelling.

If the tooth is chipped or knocked out, find the pieces or whole tooth. Only hold the tooth by the crown, not the root.

Place the tooth back in its socket and have your child gently bite down on clean gauze or cloth to hold it in place. (If the tooth is dirty, first rinse gently with water)

If unable to put the tooth back in its socket, put it in a container with milk and bring it with you to the dentist.

If the tooth is cracked, rinse with warm water to clean the area. You may also apply a cold compress on the face to help with any swelling.

Call your dentist and provide as much detail as possible about your child's condition. We will work to schedule you as soon as possible and always have a doctor on call for emergencies even when our office is closed.