

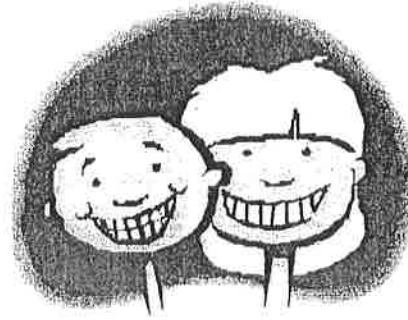
Your 2-3 Year Old's Teeth are of Primary Importance

1. When should my child have all their baby teeth?

- Most 3-years-olds have a full set of 20 baby primary teeth.
- Primary teeth are just as important as permanent teeth.

They do six important things:

- Let your child chew food.
- Help your child speak clearly.
- Guide the permanent teeth in place.
- Aid in jaw and facial formation.
- Add to your baby's good health.
- Make a pretty smile!



2. What is dental plaque?

- Plaque is a sticky film on the teeth that contains bacteria and germs. It forms daily in the mouth and cannot be seen.
- Plaque germs use sugar as their food. Even a very small amount of sugar is enough for plaque germs to produce acid. It is this acid that attacks the enamel of the tooth, causing the tooth to decay.



Supervise your child's brushing up to age 8.

3. How can tooth decay be prevented?

- Use fluoride to strengthen the tooth enamel against decay. Use a pea-sized amount of fluoride toothpaste when brushing. Ask your dentist or physician about fluoride supplements and fluoride varnish treatments.
- Offer a healthy diet to maintain good dental and physical health. A child should eat a balanced diet, free from too many sweets. Provide nutritious snacks that are low in sugar. Help your child develop good eating habits.
- Schedule dental care at regular times each year. Help your child develop a positive attitude toward dental care. Your child should visit the dentist around age one and then at least once each year for checkups.
- Teach your child how to brush and floss when he/she seems ready to learn. Supervise brushing and flossing up to age 8, even when he/she wants to do it himself/herself. Replace your child's toothbrush about every three months.

4. What are dental sealants?

- Dental sealants are thin plastic coatings placed on the chewing surfaces of the teeth. Over 80% of all tooth decay occurs on the chewing surfaces of the molars (the back teeth). Sealants provide a protective coating to prevent tooth decay.

5. When should my child get sealants?

- Sealants are applied when the first permanent molars (back teeth) erupt, usually around age 6.
- Sometimes the dentist will apply sealants to the primary (baby) molars. Ask your dentist about this.

Focus on Fluoride Varnish

When your child leaves today, his/her teeth will be coated with the fluoride varnish and will not look as bright and shiny as usual. They will look nice tomorrow when the varnish has had time to wear off, leaving its protective effect.

To retain the varnish on the teeth as long as possible and to achieve the best result:

- Your child should eat soft foods for the rest of the day.
- Teeth should not be cleaned until tomorrow morning.
- In the morning, the mouth and teeth should be cleaned as usual.

Thank you for bringing your child here today!