

Tips for Preventing Dental Problems in Children

Dr. Indru Punwani, professor and head of the department of pediatric dentistry at the University of Illinois at Chicago, recommends the following:

- 1.) Brush your child's teeth two times a day and floss once a day after the back molars have come together by the age of 2 1/2 years. Children need brushing supervision until the age of 7. A smear of toothpaste can be used for children under two and a pea size amount for children over 2 years.
- 2.) Never put your baby to bed with a bottle with a sweetened liquid, such as juice. The child should move from a Sippy Cup to a regular cup. Snacking on candy and desserts should be minimized and in moderation based on the oral health of the child.
- 3.) The child should drink tap water, which contains fluoride.
- 4.) The child should have a "dental home," a place to get checkups and dental cleanings every six months after the baby's first birthday.