

# Healthy Teeth, Happy Smiles



The American Academy of Pediatrics and American Dental Association recommend children see a dentist by age one or as soon as the first tooth appears. Children need a regular exam and cleaning every six months after the first visit.

Regular dental care and cleanings are important. Care and cleanings help prevent cavities and gum disease. Fixing dental problems early can help avoid serious problems later.

If you have questions about caring for your child's teeth, ask your child's dentist for advice. Your child's dentist can help you with these and other concerns:

- How and when to clean your child's teeth
- Proper brushing and flossing techniques
- What changes to expect from primary teeth to permanent teeth
- Thumb sucking
- Dental sealants
- Choosing the right mouth guard for participating in sports

*Sources: American Dental Association, American Academy of Pediatrics*