

Healthy Teeth

'Tis the season to eat sweet treats, gingerbread and candy.

With the holiday season upon us, thought it would be a good opportunity to talk about healthy teeth for kids.

What happens to teeth after eating?

After eating, bacteria break down sugar into acid that can cause cavities. Plaque is also caused by bacteria, which is a clear film that sticks to teeth. If teeth are not taken care of, cavities and unhealthy gums can make for a sore mouth.

How Kids Can Keep Their Teeth Healthy

1. Brush at least twice a day using a soft bristle toothbrush.
2. Brush all teeth, not just the front ones.
3. Spend 2-3 minutes brushing teeth each time.
4. Floss between every tooth at least once a day.
5. Visit the dentist twice a year.
6. Eat lots of healthy foods and try to avoid sugary snacks and sodas.

Following these simple steps can help teeth to last a lifetime.

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Reference-Kids Health Website