



Children's Oral Health

Basic habits are key for healthy teeth!



What you do

Strong foundations are essential for a lifetime of good oral health. Help your child to brush and floss each day until they can do it themselves. Encourage your child to wear a mouth guard during contact activities, and remember that children tend to follow by example: So be sure to reinforce positive behavior by modeling it yourself!



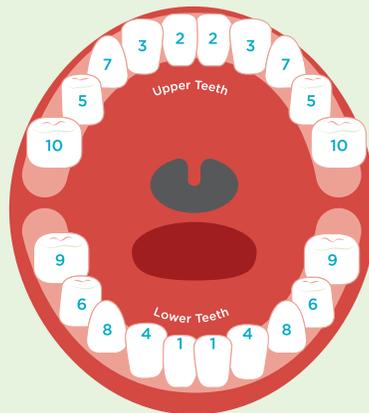
What you eat

Nutritious meals are not only healthy for children's growing bodies, but also for their teeth. This means parents should prioritize healthy diet habits. Foods and drinks low in sugar help prevent childhood cavities. Encourage your child to drink fluoridated tap water rather than soda, juice or other sugary drinks.



Preventive care

Preventive care is crucial to keeping a healthy mouth. Regular visits to the dentist for children often include preventive care, such as sealants and fluoride treatments, which protect kids' teeth from tooth decay and cavities. Most preventive care is covered by many basic dental insurance plans.



When can you expect your child's baby teeth to come in?

At 4-7 months, teeth will begin to erupt. By age 3, a full set of 20 primary teeth will be in place. The image on the left denotes the order that baby teeth typically emerge.



The Power of Smile™

Learn more about how your oral health connects to your overall health at:
DeltaDentalMN.org