



Top tips for healthy kiddy smiles

When to start dental visits and brushing teeth?

The [Australian Dental Association \(ADA\)](http://www.austlii.edu.au/au/other/ada/) recommends that the first dental check-up occurs at around one year of age and for children's teeth to be cleaned as soon as the first primary tooth erupts.

Whilst we are happy to look at a child's mouth anytime their parent suspects there might be a problem, we recommend to our patients to begin their child's regular dental visits from the age of 4.

Why use children's toothpaste as opposed to adult's?

It is a good idea to use children's toothpaste on your child as opposed to the adult version due to the level of fluoride contained in the toothpaste.

Have you considered using a flossette?

Everyone knows that daily brushing is vital to help prevent cavities in children. However, high percentages of cavities in children below 12 years of age occur between the back teeth where a brush will often not reach. This is why it is important to floss these back teeth.

Dr Darryl's Dental Top Tip:

"The easiest way to do this is with a tool called a 'flossette'. These can be purchased from chemists or from your dentist.

Using toothpaste on the flossette has been shown to lower decay rates by reducing the survival rates of harmful bacteria."

Is there anything else to consider when taking my child to the dentist?

It is worth checking on the facilities offered by the dentist that will simply make your life a little easier. Many of our patient's remark on our dedicated kids room - not only are their kids safe and supervised whilst siblings have their appointment, some kids actually look forward to the games, DVD's or toys on offer.



Why treat baby teeth when they are only going to fall out anyway?

On the surface it may seem like a waste of time and effort to keep baby teeth when they are going to fall out.

For some baby teeth this thinking is valid, but in reality all baby teeth are not of equal importance. While mum and dad may think the front teeth are the most important teeth in their child's mouth, to a dentist the very back baby teeth are the critical ones to keep.

Keep baby molars as long as you can

These are the teeth that hold the adult molar (that comes in when they are 6-7 years old), in position so that all subsequent adult teeth erupt within their proper place.

When these baby molars are lost, the adult 6-year molars drift forwards and cause the adult premolar teeth (which normally erupt between the age of 10 to 12) to become impacted under them.

This can cause major complications, such as the damage and loss of adult teeth, or the adult teeth not meshing together properly. A most unfortunate and expensive consequence of losing 'just a baby tooth'.

Visit www.todaysdentistry.com.au or call 3263 2677 for more valuable facts for you and your family's dental health.

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