

# YOUR ORAL HEALTH

MAKE YOUR TEETH LAST A LIFETIME

## MAKE YOUR CHILD'S DENTAL VISITS FUN

Regular dental check-ups help keep your child's teeth healthy. Visit the dentist within six months after their first tooth appears, or by their first birthday. Continue with check-ups at least once a year. Here are some tips to make the visits easier:



### Prepare your child:

- Speak positively about what to expect during dental visits.
- Explain in simple terms, like "The dentist will count your teeth and make sure they're healthy."
- Storytelling can make the idea of dental visits fun.
- Let your child play dentist with their toys.

### At the dentist:

- Bring a comfort item, like your child's favourite toy or blanket. This makes everything feel more familiar and stress-free.
- Distract your child with books, toys, or videos to keep the experience positive. This becomes even more important as the visits become longer or if your child struggles to sit still during treatments.
- Encourage your child during dental visits. You can say things like, "You did such a great job today!" or "I'm so proud of you for being brave."



### Take care of teeth at home:

- Remind them to brush twice a day ~ in the morning and before bed.
- Floss at least twice a week.
- Limit sweets, sugary foods, and sugar-filled drinks.
- Encourage them to rinse their mouth with water after every meal or snack.
- After brushing teeth at night, do not let them eat or drink anything other than water before going to bed.

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