

# Parents' Questions Answered

This page is designed to answer some of the basic questions you may have about pediatric dental care.

## Issues relating to cavities

"It is reasonable to expect that a child can graduate from high school without any cavities. However, this result requires a strong partnership between parent, child and pediatric dentist."

*~American Association of Pediatric Dentistry*

### Infants Birth-24 months

- Clean child's mouth with a gauze pad or infant washcloth after feedings and before bedtime.
- If necessary, begin fluoride supplements as prescribed by Dr. Adams or his specialty associates.

### Children 2-6 years

- Sealants (a protective coating that covers the teeth) for primary molars can be provided by Dr. Adams or his specialty associates as appropriate.
- Continue fluoride supplements, if necessary.
- Limit snacks between meals to 3-4 per day.

### Children 6-12 years

- Sealants for permanent molars can be provided by Dr. Adams, as appropriate.
- Continue fluoride supplements, if necessary.

## Proper brushing and flossing techniques

"The most important factor in thorough oral hygiene is that parents actually perform the day-to-day tasks of brushing and flossing for their children, until they are competent to do so on their own."

*~American Association of Pediatric Dentistry*

### Infants 2-24 months

- Begin brushing any teeth with a soft-bristled infant toothbrush.
- Continue cleaning other areas of mouth with a gauze pad or infant washcloth after feedings and before bedtime.

### Children 2-6 years

- Parent continues responsibility for cleaning child's mouth, allowing child to participate, according to interest and dexterity.
- Begin using pea-sized amount of fluoridated toothpaste -- parent must ensure that all toothpaste is rinsed or wiped from mouth after brushing.
- Begin flossing in any areas where teeth are touching.

### Children 6-12 years

- Begin transferring responsibility for brushing to child, with parent supervision (average age child can brush thoroughly and properly on own at age 8).
- Child should brush with the type of toothbrush and technique recommended by Dr. Adams or his specialty associates.
- Begin transferring responsibility for flossing to child, with parent supervision (average age child can floss thoroughly and properly on own at age 10).

## Maintaining healthy teeth and gums

"The key to healthy teeth and gums for your child is to begin the oral care routine as soon as possible, schedule regular preventive dental check-ups, and follow the advice given by the pediatric dentist."

*~American Association of Pediatric Dentistry*

### Infants 6-24 months

- Schedule consultation with Dr. Adams or his specialty associates when the first tooth appears.
- Follow schedule of periodic professional consultations, as advised by Dr. Adams.

### Children 2-6 years

Follow schedule of professional visits and preventive treatments (cleaning, topical fluoride treatments, x-rays), as recommended by Dr. Adams or his specialty associates.

### Children 6-12 years

Continue schedule of professional visits and preventative treatments, as recommended by Dr. Adams or his specialty associates.

**If you'd like more information, please contact our office directly by calling (619) 291-5266 and we'll be happy to assist you!**