



DENTAL CARE FOR YOUR 5 YEAR OLD

- At age 5 most children have all of their baby teeth. Close to 6 years of age their lower front two teeth will begin to get loose and may be lost. Their 6 year molars may also erupt behind their very back baby molars.
- **BRUSHING:** It is VERY IMPORTANT to brush these teeth 2 times per day ESPECIALLY before bedtime. Do not let your child have anything to EAT OR DRINK AFTER you brush their teeth at night! Drinking anything other than water at night will cause cavities quickly! You can allow them to brush on their own but you MUST BRUSH BEFORE or AFTER them everytime. They do not have the coordination to remove ALL of the plaque.
- **TOOTHPASTE:** By now your child should understand how to spit out toothpaste and should be using a toothpaste WITH FLUORIDE. You should be flossing your child's teeth at least once per day, preferably after you brush at night. Using plastic "flossers" is perfectly fine.
- **DIET:** SWEETS of any kind are BAD for your teeth, ESPECIALLY SWEET LIQUIDS! Stress drinking WATER and WHITE MILK daily.