



DENTAL CARE FOR YOUR 6 YEAR OLD

- At age 6 most children will start to get some permanent teeth (if they haven't already). Their lower front two teeth will begin to get loose first and may be lost. Their 6 year molars may also erupt behind their very back baby molars. This can be sore and if so, we recommend giving over the counter Tylenol or Motrin as directed by your Pediatrician. Sometimes the lower front teeth will come in behind the baby teeth. This is not uncommon and not an emergency. If this happens you should simply encourage your child to wiggle their baby teeth. If the baby teeth have not come out by age 8 or 9 we will recommend extracting them at that time.
- BRUSHING: By age 6 your child should have the ability to brush on their own. It is a good idea to continue to check on them to make sure they are brushing properly. You may need to brush after them if you see that they are not brushing well. It is important for them to brush their 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!
- TOOTHPASTE: By now your child should understand how to spit out toothpaste and should be using a FLUORIDE toothpaste. You should be flossing your child's teeth at least once per day, preferably after they 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.