

# Dr. Little's Dental News

Presented by Jeffery Little, D.D.S.



## TEACHING YOUR CHILD TO BRUSH

The best way to instill the habit of brushing teeth in children is to have them learn by example. Once children have watched their parents perform this twice-daily ritual and get the hang of it, parents should encourage their kids to brush their own teeth. First, children should learn to dab only a pea-sized amount of toothpaste on their soft-bristled toothbrushes. They should then concentrate on gently brushing back and forth on the inside surface of each tooth, where bacteria-laden plaque is most likely to accumulate. After that, the outer surfaces should be brushed with the brush turned at an angle along the gumline. Before rinsing, children should try some tongue-brushing to

introduce an element of fun into the process.

Taught early enough, healthy habits turn into healthy lifestyles. Begin with proper brushing and flossing techniques and a tooth-friendly diet. Continue with regular professional care and cleanings for a beaming smile that will last a lifetime. If you would like more information on how to get your child's dental experience off to a good start, we welcome your call. We have both children and adults as patients because everyone, regardless of age, deserves a winning smile.

P.S. Parents should floss for their children beginning at age four. By the time they reach age eight, most kids can begin flossing for themselves.

*Dr. Little provides quality family and cosmetic dentistry.*

*His office is located at 344 Placerville Dr., Suite 19, Placerville.*

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