



**6 Practical
Oral Care
Tips For
Parents
With
Toddlers.**

6 PRACTICAL ORAL CARE TIPS FOR PARENTS WITH TODDLERS

Being a parent is never easy. That's because taking care of children at any age is an exhausting task. But this is particularly the case when it comes to toddlers. And that's why parents with toddlers can usually take all the help they can get. When it comes to your child's health, there are a range of considerations that you have to keep in mind and one of those is their oral hygiene.

So we're going to offer six awesome, practical tips for parents with toddlers on how to deal with their toddler's oral care.

1. MAKE REGULAR VISITS TO A PEDIATRIC DENTIST

Just like adults, toddlers need to make regularly scheduled trips to the dentist. The only difference is that toddlers should see a particular type of dentist called a pediatric dentist. They are in tune with what is going on with your toddler's oral health and can provide parents with the best guidance on how to handle common issues from teething pain to tooth care and more. In addition to that they can help you establish the correct oral care practices now so that your child will have a lifetime of excellent dental health.

2. TELL YOUR PEDIATRIC DENTIST IF YOUR TODDLER INSISTS ON BREATHING THROUGH THE MOUTH

Breathing out of the mouth is common in toddlers but it shouldn't be encouraged. From drying out the throat and mouth (which promotes bacterial growth that can lead to tooth decay or even bad breath) to possible issues with occlusion, if your toddler is breathing out of her mouth you will want to consult with your pediatric dentist on what you can do.

3. DO NOT LEAVE THEM WITH A SIPPY CUP UNLESS IT IS WATER

Sippy cups with water are okay but, for the reasons outlined previously, avoid sugary drinks.

4. DO NOT GIVE THEM SUGARY DRINKS

Sugary drinks are your teeth's worst enemy. Not only do they promote decay but also they weaken the protective coating on your teeth through repeated exposure.

The reason your dentist recommends that you brush before you sleep is to prevent plaque buildup and the bacteria that cause decay from building up overnight. Sugary drinks promote this build up and drinking them before bedtime is like giving them an extra boost.

5. USE THE CORRECT AMOUNT OF FLUORIDE

TOOTHPASTE

Toddlers don't need as much toothpaste as adults and you should use a tiny dollop or pea-sized amount depending on how many teeth your toddler has.

6. TAKE CARE OF THE BABY TEETH

Even though they are not permanent, you should prioritize the care of the baby teeth on a toddler just like you would their adult teeth. Good healthcare practices start young and this is the perfect time to introduce appropriate dental hygiene practices. Plus, an ounce of prevention is worth a pound of cure when it comes to healthcare and this is the perfect time to introduce that concept.

So be sure to follow these six practical oral care tips if you've got a toddler in your family.

