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I get a lot of questions about oral hygiene related to young children. Today I would like to share some thoughts on oral hygiene related to the young ones with you.

Good habits are formed at a young age they say. All children should have their teeth brushed at least twice a day, preferably thrice. As soon as a child is old enough to spit, a fluoride tooth paste should be used for them. Flossing is important because it prevents decay in the areas between teeth, where bristles of the brush cannot reach. Cleaning the tongue is essential to avoid bad breath in children; use of a tongue scraper after every brushing will help reduce bad breath.

A child's first visit to dental office should be at the age of 3 years. Starting dental visits early in life will go a long way in reducing dental anxiety.

One of the reasons for tooth decay in toddlers is use of nursing bottles with sweetened drinks at bed time. I discourage mixing any sugar with milk for children. If a child is still on bottle, and has had either milk with sugar or a juice or any other sweetened drink, then the child's teeth must be brushed before he or she goes to bed.

Please free to call or email me with any questions related to oral hygiene for children, or any other topic related to dentistry.