



Growing Teeth are Important

Dental Health for Children from 6 to 12 years old

Healthy Mouth, Healthy Body

Growing teeth are important for eating, talking, smiling, and for keeping space for the adult teeth to grow.

Tips for good dental habits:

- Brush your child's teeth and tongue in the morning and before bedtime.
- Use a small soft toothbrush with no more than a pea size amount of fluoridated toothpaste. Make sure your child does not swallow the toothpaste.
- Remind your child to brush the large back teeth (molars); they are meant to last a lifetime.
- Help with brushing until child is 8 years old.
- Floss your child's teeth before bed. They will not be able to floss effectively until approximately 10 years of age.
- Do not let your child share a spoon, cup, or toothbrush; this will pass the bacteria that cause cavities.
- Have your child wear a mouth guard when playing a sport or recreational activity (hockey, soccer, football and many more).
- Take your child to the dentist regularly or when you have any concerns.

Talk to your dentist about sealing the pits and grooves of your child's molars with a protective coating.

Need more information?

Talk to your dentist or dental hygienist or call Ottawa Public Health at 613-580-6744.

Tips for good eating habits:

- Give your child healthy foods and snacks like fruits, vegetables, cheese and white milk.
- Offer tap water between meals.
- Limit juice to special occasions as the natural sugar found in juice causes cavities.
- Avoid soft drinks, sport drinks, energy drinks, flavoured milks, iced teas, lemonades, cocktails, and punches. They are loaded with sugar and drinking them frequently can lead to cavities.

