

KIDS AND ORAL HYGIENE

Getting kids to brush their teeth can be a tough job for parents. Many kids would probably prefer eating lima beans to brushing their teeth. The fact is, however, that tooth decay is the #1 chronic infectious disease among children in the United States—which is nothing to smile about.¹

Healthy teeth and gums are not only vital to a child's oral health, but can also impact their overall health as they continue to grow. That's why it's important to be sure they start on the right path by teaching good habits early. Anything to keep the routine of practicing proper oral hygiene fun can help, such as using a toothpaste and toothbrush designed for kids.²

KID FACTS

CAVITIES IN CHILDREN ARE 5 TIMES MORE COMMON THAN ASTHMA AND 7 TIMES MORE COMMON THAN HAY FEVER.³



1 IN 5 CHILDREN IN THE UNITED STATES GO WITHOUT DENTAL CARE¹

MORE THAN **40%** OF CHILDREN HAVE DENTAL CAVITIES BY THE TIME THEY REACH KINDERGARTEN⁴

CHILDREN WITH POOR ORAL HEALTH ARE **3 TIMES** MORE LIKELY TO MISS SCHOOL DUE TO DENTAL PAIN¹

Infants and children who don't get proper oral health care are at greater risk for cavities and more oral health issues as they get older. Ways you can help a child maintain a clean, healthy smile are:



Start them on healthy habits at birth. Care for your baby's gums by cleaning them after each feeding, and once their first tooth appears, take them to see a pediatric dentist.⁵



Make teaching your child oral hygiene fun. For instance, to demonstrate brushing away food and plaque, draw a tooth on a paper plate. Spread some used coffee grounds on the tooth and let your child brush away the grounds with an old toothbrush—this helps to show him proper brushing technique of short and gentle back-and-forth strokes.⁶



Maintain a consistent routine. It is recommended that you take your child for a check-up every 6 months. You should also work with your dentist to develop an oral care routine and set-up future appointments. Remember a mouthrinse such as LISTERINE® SMART RINSE® Anticavity Fluoride has just the right amount of fluoride for your child's young teeth that can help prevent cavities and repair enamel.⁷



Be sure they eat a balanced diet. Providing food and snacks that are protein-rich, high in calcium, and contain a lot of water and fiber goes a long way in helping your child achieve good oral health.⁸

For more resources that can help you assist your child with their oral health care, visit www2.aap.org/commpeds/doch/oralhealth/PediatricGuides.html

Adding ADA-accepted LISTERINE® SMART RINSE® Anticavity Fluoride Rinse to a child's oral care routine along with brushing and flossing can help prevent cavities from an early age.⁹

Brought to you by

LISTERINE®

For more information, visit listerine.com

References: 1. America's Toothfairy. Facts about tooth decay. <http://www.ncohf.org/resources/tooth-decay-facts/>. Accessed May 2, 2017. 2. Health Resources and Services Administration. Do children have unique needs in the area of oral health? How is oral health relevant to overall health? <http://www.hrsa.gov/healthit/toolbox/Childrenstoolbox/PediatricOralHealthIT/dokidshaveunique.html>. Accessed May 2, 2017. 3. National Institute of Dental and Craniofacial Research. Chapter 4: The magnitude of the problem. <http://www.nidcr.nih.gov/DataStatistics/SurgeonGeneral/sgr/chap4.htm>. Accessed May 2, 2017. 4. American Academy of Pediatric Dentistry. The state of little teeth. 2013:1-25. 5. American Academy of Pediatric Dentistry. Frequently asked questions. http://www.aapd.org/resources/frequently_asked_questions/#35. Accessed May 2, 2017. 6. Fall For Smiles. Kid's activity book. *Oral Health America*. 2014:1-6. 7. WebMD. Your child's first visit to the dentist. <http://www.webmd.com/oral-health/guide/childs-first-dental-visit>. Accessed May 2, 2017. 8. Mouth Healthy. Nutrition. <http://www.mouthhealthy.org/en/nutrition/>. Accessed May 2, 2017. 9. Maguire A. ADA clinical recommendations on topical fluoride for caries prevention. *Evidence-Based Dentistry*. 2014;15(2):38-39.