

February is Children's Dental Health Month

February is Children's Dental Health Month. Regular visits to the dentist are an important part of keeping your child's teeth and body healthy. According to the American Academy of Pediatric Dentistry, the first dental visit should take place around the age of 1 (one) or when the first tooth is present. Usually this visit is just a quick look to check the teeth and gums. Often the dentist or staff will review proper dental home care and diet. This visit, hopefully a pleasant one, lets the child become familiar with the dentist and good dental habits.

Children should see the dentist regularly. Your dentist will decide how often you should visit. A typical visit may include an exam; radiographs to check for cavities and the eruption of permanent teeth, a cleaning and fluoride treatment, brushing and flossing instructions will also be reviewed. Good oral hygiene habits will allow your child to maintain his or her teeth for a lifetime.

In addition to good oral hygiene and regular dental care preventative treatment is also very important noted Jeanne Barr, Registered Dental Hygienist with Eagle View Community Health System in Macomb. These preventative treatments include fluoride application and sealant placement. Fluoride applications strengthen the enamel which in return helps protect the teeth from decay. Sealant placement involves the chewing surfaces of the teeth. Once the deep pits and grooves are covered with the sealant, the teeth are less vulnerable to decay. Your dentist may recommend these treatments for your child.