

# Pediatric Dental Health

Good habits start early.

**5x** Tooth decay is **5 times** more common than asthma in young children



**Drinking primarily water** is best for developing healthy teeth. Tooth decay can result from any other liquids sitting on the teeth, including breast milk, formula, juice, or milk.

**86%**

Nearly **86%** of children will have some form of tooth decay by age 17.

**20%**

It is estimated that about **20%** of kids between 2 and 19 years of age have untreated cavities.



Over **51 million hours** of school time are missed because of dental-related problems

## Facts About Baby Teeth

**3 YEARS OLD** Children will have **20 baby teeth** by the time they are **3 years old**



The **first baby teeth** to come in are the bottom middle teeth (central incisors), and they usually come in at between **4 and 10 months** of age



Children begin to lose **baby teeth** around age 6, but don't finish losing teeth until around 11 to 12 years of age

## Dental Care Facts



Children should visit a dentist when their **first tooth** comes in, or at least by their first birthday

**Poor dental hygiene** can lead to gum disease, tooth decay, and tooth loss, also to other health problems, such as diabetes, heart disease, respiratory issues, and more

**40%**

A **lack of flossing** leads to not cleaning 40% of your tooth surfaces

Most serious dental problems can be avoided with **consistent at-home dental care and regular visits to a dentist**, which should include regular cleanings and fluoride treatments



## Brushing Techniques



You should begin brushing your child's teeth **as soon as one tooth appears**

**2-3 min.**

The recommended amount of time you spend brushing each time is **2 to 3 minutes**

**Use an electric toothbrush.** They are fun, meaning children are more willing to use them, and they are more effective than regular toothbrushes due to their spinning motion



**It's important to teach children how to brush their teeth**—show them how to do it by doing a complete brushing yourself, and then let them practice on their own teeth so they learn how to do it themselves



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