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.

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.

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