

## Dietary advice

Brushing with fluoride toothpaste two times per day combined with reducing the intake and frequency of foods high in sugar and starch will help prevent holes (dental decay) from forming in your child's teeth. Try to encourage snacking on teeth friendly foods, such as fresh fruits, vegetables and cheese, and limit the intake of soft drinks and fruit juices.

## Mouthguards

Just as important as any other piece of protective sporting equipment is your mouthguard. Mouthguards are recommended for adults and children who play any type of contact sport, or participate in activities where there is a substantial risk of facial injury, such as rollerblading or skateboarding.

A correctly fitted custom-made mouthguard protects your teeth, gums and jaw. It allows you to breathe and speak more easily compared to an over the counter bought mouthguard.

## Fissure sealants

Fissure sealants help protect the teeth from tooth decay. On the chewing surface of the molar teeth there are deep pits and grooves, which are normal characteristics of these teeth. Often food and bacteria become trapped in these pits, and this is when decay can occur.

Fissure sealants can offer protection against decay in these areas. The fissure sealant is a liquid that becomes hard after it is applied to the tooth. Sealants are easy to apply to the teeth and don't require a local anaesthetic.



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# CHILDREN'S DENTISTRY



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# Ensuring optimal dental health throughout life

Every member of our team wants to ensure our youngest patients are happy and healthy. Our goal is to encourage children to embrace a regular oral hygiene routine to ensure they maintain optimal dental health throughout life.

By introducing your child to our practice from an early age, we will help build a trusting relationship that will make your child feel comfortable while attending our practice.

We place significant importance on children's dentistry. By teaching the children the importance of their own dental care, it makes their treatment a fun experience and helps to develop a positive attitude towards dental health and visits.



## Dental care for your child

Often a child's first appointment will be quite general and consist of a quick oral examination to ensure there are no gum problems or early indications of tooth decay. We are dedicated and sensitive in treating children's dental health and will review with you information about diet, bottles, tooth brushing techniques and fluoride use.

Introducing your child to our team and practice from a young age will help them become comfortable with the surroundings and procedures, enabling them to establish a trusting rapport and the good habit of regular dental check-ups.

Every child is different and their dental needs will be different too. Six monthly check-ups are recommended so that dental cavities can be treated easily while they are small which is much more comfortable for the child and definitely less stressful for mum and dad.

## Early diagnosis

By diagnosing problems or potential problems early, we can ensure your child has healthy teeth and gums and a great smile. Early diagnosis of childhood dental problems and regular check-ups can also significantly reduce treatment requirements, time and the cost of procedures.

We recommend your child's first dental appointment is around their first birthday. This visit usually involves a brief check to establish the health of their gums, check their teeth are coming through straight and advise on the best cleaning techniques. You may like to include your child's first visit with your own appointment to help them relax and see that there is no need to be afraid.

Having healthy teeth and gums when they are young will help your child keep their natural teeth for life, and leads to a lifetime of good general health. This early commitment can also assist in diagnosing any bite irregularities or growth concerns that may be detrimental to your child's lifelong dental health and development.

## Oral hygiene instruction

Early development of a good oral hygiene routine, even before your baby's first tooth has emerged, will assist in healthy growth and maintenance of baby and adult teeth. A soft damp cloth is ideal for gently wiping your baby's gums after they have finished feeding, this will assist in preventing the build-up of bacteria. As you notice their first teeth beginning to appear, introduce them to a soft-bristled children's toothbrush and children's toothpaste twice a day.

Young children tend to swallow toothpaste; if they swallow too much fluoride toothpaste it can lead to permanent markings on their teeth. A small pea sized amount of toothpaste on the brush is a safe quantity to use for preschool aged children.

Many children like to mimic the actions of their parents. Showing them how you brush and encouraging them to brush when you do will help children understand that brushing is a normal daily routine.