

Healthy Summer Teeth

Summer is here and it's time for lazy days and fun foods. Fun in the sun also means a balanced diet and keeping up with good habits, so those eagerly awaited confections taste extra special.

Top 4 summer questions for healthy teeth

How do I keep a routine for my children when we're on vacation?

Vacation schedule changes can disrupt your good habits. If this happens start up where you left off. Remember, during your travels that bottles and sippy cups are good for comforting your child, however falling asleep with one in their mouth increases cavity risk.

How do I keep my child's diet healthy for their teeth?

Special foods are fun when eaten along with a healthy and balanced diet of fresh fruit, veggies, whole grains, water, and plain milk.

What about sticky gooey treats?

Gooey, sticky and chewy are fun to eat, not so much to remove from teeth.

What's the most important thing for me to do since I don't have a lot of time?

Establish consistent daily routines that can be done in a fun way. Do something fun while brushing to keep your child's attention long enough for you to brush all their teeth. Look for a fun flavor toothpaste or a toothbrush with their favorite character.