

How Can I Keep My Child From Getting More Cavities?

Limit Eating and Drinking to Specific Times!

Take Breaks. Probably the most important thing you can do is to take breaks between meals. A good rule of thumb is to have 2-3 hours between meals with just water in between.

About 5-6 meals per day are normal for children.



Water all day in between...it's the healthiest drink!

Take 2-3 hour breaks with just water between meals.

Limit Grazing. Grazing is frequently snacking or nibbling at food. Allowing your child to graze all day long will lead to decay.

Limit drinks other than water. Drinking juice, Kool-aid, soda or sports drinks between meals is, also, considered grazing, and sugar free drinks contain high amounts of acid, which leads to decay. Have milk with meals and juice no more than once per day.

Brushing and Flossing to Control Bacteria

Flossing once per day really helps to reduce cavities even on young children.

Brushing at least 2 times per day is recommended.

Everytime you eat, the bacteria on your teeth produce acid and remove some calcium from your teeth. If you brush and floss, you will remove many of these bacteria.

Fluoride toothpaste helps your teeth by strengthening them against the bacteria. However, you need to use very small amounts in children. (about the size of a grain of rice)

