

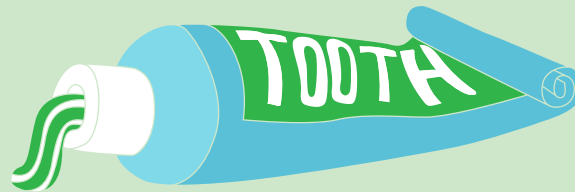


# KIDDING AROUND

Even though it can be hard to get young kids to slow down, it's important to make time for dental care. Starting good habits now will set the stage for a lifetime of healthy smiles.



A pea-sized amount of fluoride toothpaste is all that's needed.



First molars come in around the age of 6.

Supervise your child's brushing until age 8.



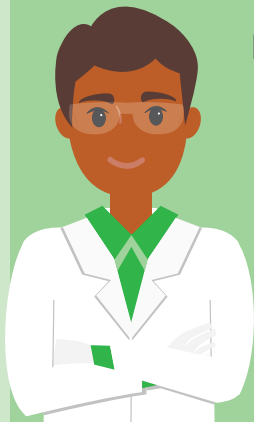
Keep healthy snacks on hand, like cheese, yogurt, lean meats, veggies and fruits.



Putting sealants on newly-erupted molars can help prevent cavities.



Supervise your child's flossing until age 10.



If your child is feeling uncomfortable with dental appointments, try a few calming techniques.

1

Have the dentist explain what they are doing.

2

Listen to music.

3

Stay in the exam room if possible.

Second molars come in around the age of 12.



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