



## **DENTAL CARE FOR YOUR 10-12 YEAR OLD**

- At age 10 most children will have their four upper permanent front teeth and will start to lose their baby molars. Don't be alarmed if your child starts to lose a lot of baby molars/canines all at once! They will lose about 12 teeth over this span!
- **BRUSHING:** By age 10-12 your child should have the ability to brush on their own. It is a good idea for you to check on them to make sure they are brushing properly. It is important to brush teeth 2 times per day **ESPECIALLY** before bedtime. Do not let your child have anything to **EAT OR DRINK** after you brush their teeth at night! Drinking anything other than water at night will cause cavities quickly!
- **SPORTS MOUTHGUARDS:** If your child is playing sports it is very important to wear a protective mouth guard.
- **TOOTHPASTE:** By now your child should understand how to spit out toothpaste and should be using a **FLUORIDE** toothpaste. They should be flossing their teeth at least once per day, preferably after they brush at night. Using plastic "flossers" is perfectly fine.
- **DIET: SWEETS** of any kind are **BAD** for your teeth, **ESPECIALLY SWEET LIQUIDS!** Stress drinking **WATER** and **WHITE MILK** daily.