



DENTAL CARE FOR YOUR 9 YEAR OLD

- At age 9 most children will have their four upper permanent front teeth. Don't be alarmed if your child's two front permanent teeth look BIG! They will grow into them!
- BRUSHING: By age 9 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 VERY 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 toothpaste WITH FLUORIDE. You should be flossing your child's 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.