

## Dental Health Article

*A collaboration of your Altima dentists*



### **Five Ways to Prevent Cavities Without Brushing More Often**

Today, many parents are juggling their careers and raising their children, which means that dental health can sometimes get lost in the shuffle. Parents need to know that if their children are getting cavities, it doesn't mean that they are bad parents! Instead, they might just need to implement some new strategies for preventing cavities.

The best way to prevent cavities is to brush and floss regularly; however, there are some additional strategies to keep the cavities away. Here are five tips for your children to follow that are easy to implement:

- (1) Chew sugar-free gum or have a sugar-free drink** after your snacks. Chewing gum will increase the salivary flow in your mouth, and the sugars will be washed away when you have a beverage.
- (2) Avoid sticky snacks** like toffee and chocolate. Those sugars settle more easily in your mouth.
- (3) Eat your snacks all at once instead of small amounts.** Allow your mouth a better chance to recover from the sugar intake.
- (4) Visit your dental hygienist regularly.** They will let you know if there are areas in your mouth that aren't being brushed effectively.
- (5) Get a fluoride treatment once every three months.** These days more children are drinking bottled water, which doesn't contain fluoride. It is important to implement a plan to add fluoride intake for your child.

With these simple tips, you and your children can hopefully avoid cavities and ensure healthy, happy smiles for life!