

4 Steps to breaking the cycle of cavities - For Good!

Step One: Don't Feed the "cavity bugs!"

Cavities feed on sugars and acids that are found in many of the foods we eat. Many times, we are "feeding" the "bugs" without even knowing it by eating foods that seem good for us, but can be very harmful to our teeth. Especially when our mouths already harbor bacteria that is prone to causing cavities

Beware of Juices, Sodas and Sports drinks. Even 100% organic or diluted juice can cause cavities if we don't know how and when to drink it. We recommend that you limit your child to these sweet drinks only at meal times. When we are eating, saliva is produced and is able to fight the cavity bugs!

Gummy snacks, Fruit Snacks, Fruit Roll-ups and dried fruits can stick around! Brushing with your toothbrush can't reach into the grooves of your teeth, and the sugars will stay stuck to your teeth long after you've finished your snack. Be sure to avoid gummy/fruit snacks when possible, and if you must eat them, try to enjoy them with a meal as well!

Healthy foods that can cause cavities... Soy Milks, Yogurts and Rice Milks help give us lots of the things our bodies needs, but many times they are full of sugars to make them taste good. Be sure to read your labels and see how much sugar you're *really* getting. Helpful Fact: 4mg of sugars is equal to one teaspoon - that can really add up!

Ask us about healthy, delicious snack options and foods that can help fight cavities.

Step Two: Get into a Good Hygiene Routine!

Your child may feel that they are too "big" for your help, but generally kids under 7 need us to help them brush to be sure we've gotten all of the plaque and germs.

Fussy little ones can be a chore to brush - ask us about the "lap to lap" technique.

Flossing is very important as well! Children under 8 years of age usually need help flossing; they simply don't have the dexterity to do it correctly. If you don't feel confident helping, just ask us to demonstrate easy and effective ways to help your child floss.

Step Three: Get Everyone On Board!

Grandparents, Day Care, Teachers, Aunts and Uncles all play a role in your child's dental health! Maybe your child's teacher gives out candy when they do well in class, or maybe Grandma has juice and cookies waiting when your child goes for a visit... find out when and what your child is eating each day.

Make sure that you are communicating with everyone involved in your child's life and explain the importance of changing daily habits. When everyone knows what's going on - it is much easier to see progress!

Step Four: Get Rid of the Bacteria - For Good!

Becoming cavity free can be easier than you think, with tools that can help reduce and/or eliminate the cavity-causing bacteria in your child's mouth. Rinses, gum, xylitol candy and even herbal lollipops! Less harmful bacteria means that the body has more time to heal itself, making it easier to stay in "balance" and not get cavities. We have a number of tasty ways to get your child's smile back on track! Just ask us how. We may even be able to help YOU become cavity free - for life!