

Dental Hygiene 101



According to the American Dental Association (ADA), every child should:

- Brush their teeth twice a day with an ADA-accepted fluoride toothpaste. Replace your toothbrush every three or four months.



- Clean between teeth daily with floss or an inter-dental cleaner.



Children should visit the dentist about every 6 months to 1 year. How frequently depends on what the dentist discovers upon their evaluation of your child's oral health.



A major way to prevent tooth decay is to have good nutrition. Bacteria lives in your mouth and when sugar comes into contact with bacteria, it produces an acid. This acid attacks your teeth and leads to tooth decay. Many of the foods we eat have natural sugars, including milk and fruit. We still want to eat these foods because they have other nutrients that help keep our teeth and gums healthy. However, we do not need added sugar in our diets. The ADA recommends limiting your child's between meal snacking. When your child does snack, it is important to choose low sugar foods and beverages.



If you have a particular health concern for your child, please call me at (703)221-4108 or come talk with me. My door is always open.

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