

Protecting your child from dental disease - Smile Solutions

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Stage 4 for a four year old. We recommend electric toothbrushes over manual. All Colgate and Oral B products are suitable for children as long as they are low foam, low mint and low fluoride. Create positive mindset towards dental health A reward chart can help get kids more excited about brushing their teeth . Work out what reward is suitable and then create a chart to keep track of their progress. Let your child choose their own toothbrush, something with their favourite character or colour on it. This will make teeth brushing more appealing. Make it fun Unfortunately brushing their teeth might not be an activity children find exciting. So make it more fun for them by playing music or a video while they do it. make sure it's something reserved just for when they brush their teeth. It will distract them from being bored and hopefully even have them looking forward to brushing their teeth. Get the family involved Children will be encouraged to brush their teeth if they see the rest of the family doing it too. Children love joining in and it's a good way to show them that it's an enjoyable thing to do. Less sugar – look for healthier alternatives Trying to restrict the amount of sugar your child consumes can help to keep decay away. Sugar weakens the enamel of your teeth, which makes them vulnerable to decay. When you pack their lunch box make sure to fill it with healthy snacks, like fruit and yogurt, instead of sugary treats. After consuming any sweet foods your child should be encouraged to either brush their teeth. If they're not at home, they can chew sugar-free gum as this will help to clean the teeth. Rinsing with water can also make a difference. Mouthguard during sporting activities It's not just dental disease you need to protect your child from, but also injuries caused by external forces. It always a good thing when kids get active, but to protect their teeth make sure to get them a fitted mouthguard to help reduce the risk of dental injury. While accidents happen, you should try to provide as much protection for your children's little teeth as possible. Articles from Smile Solutions View Blogs Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? Materials Compared Read More Specialist Care Smile Solutions 18 Aug 2026 Endodontist vs Dentist for Root Canal: Why It Makes a Difference Read More General Smile Solutions 10 Aug 2026 Mouth Breathing: The Silent Habit That's Changing Your Face and Your Health Read More General Smile Solutions 3 Aug 2026 How Much Does a Dental Crown Cost in Melbourne? 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