



31 JUL, 2025

Never too young to start

Port Lincoln Times, Port Lincoln

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TEACHING children to brush their teeth as part of their daily routine begins when they are young.

According to Life Ed, parents should engage children early with oral health to help them develop a life-long routine.

Becoming a role model is important.

Caregivers should allow children to see their dental routine so they can watch with interest and form habits.

A way of making dental hygiene fun is to do it as a family affair with fun interactions and some laughs.

Spending family time together, even when it is doing something important such as brushing teeth, will make a dental routine more enjoyable.

Giving children the power to choose their own toothbrushes and toothpaste is another way to form a positive relationship with dental health.

Choosing their own tools allows kids to become part of the process and keeps them engaged with such an important part of their health.

There are toothbrushes which use characters children may know and there are flavoured toothpastes, especially for younger kids whose taste buds are not yet ready for the powerful freshness that comes with a mint flavour.

Healthdirect suggests caregivers help children brush their teeth from the time they get their first tooth to about eight-years-old.

Kids should brush their teeth for at least two minutes, using small circular motions, twice a day;

after eating and before bed.

Visits to the dentist should begin early in life.

Caregivers should be careful when talking about dental visits.

Negative comments should be left out of a conversation, even if children are not in the room.

Sending positive vibes about a dental visit and talking to children about what will happen when they do walk in the dentist's door allows them to have a more settled, less anxious demeanour.

Parents can allow their children to watch as they undergo simple dental procedures so they can see for themselves there is nothing to be afraid of.

Dental check-ups should be a regular occurrence, as early discussions on a child's oral hygiene could lessen or avoid any problems as they get older.

It is the old adage, prevention is better than cure.

Preventative treatment can help avoid more complicated dental work and saves both time and money.

Caregivers can also keep sugary snacks to a minimum, as sugars can cause enamel erosion and gum diseases.

Use sugary foods as a treat and encourage children to brush their teeth after eating anything sweet.



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Getting into a brushing routine from a young age is important. (Shutterstock)

DENTAL HEALTH WEEK

AUGUST 4 -
AUGUST 10

A graphic for Dental Health Week. It features a large white tooth standing upright on a light blue surface. To the right of the tooth are several dental tools: a dental mirror, a toothbrush, a dental probe, and dental pliers. The background is a solid light blue.