



KidCare

LIBERTY cares about more than just teeth!

LIBERTY Dental Plan health tip: Back to School/ Back to Dentist

fact:

Annual visits to the dentist ensures good Oral Health

In your child's early years, make dental visits a part of your child's back-to-school routine!

There are plenty of items to check off on the back-to-school list, including: school supplies, doctor visits, haircuts etc., but no back-to-school checklist is complete without a visit to the dentist. A dental checkup should be part of the back-to-school routine, along with immunizations and a yearly physical exam. By making a dental visit part of your yearly routine, it's easy to make sure your child's oral health is in top shape and that he or she is ready for the school year ahead.

Here is a good schedule for you to follow:

Before Your Child's 1st Birthday

Take your child to the dentist before his or her first birthday! First visits are mostly about getting kids used to the dentist's office, including the smells, sights and sounds of the dental office. It's also a great time for educating parents about how to care for their baby's teeth. If your child has transitioned from the bottle to a cup and doesn't snack or drink in the middle of

the night, you may get a one-year pass, until age 2. That's when the standard every-six-month dental visit recommendation kicks into gear.

Ages 4 - 6

When your child is between ages 4 and 6, expect your dentist to take a first set of x-rays to check for cavities between the teeth.

Ages 6 - 12

Prevention is the name of the game at all ages, but it's a great strategy to have between ages 6 and 12, when baby teeth give way to permanent teeth. Your child's dentist will probably suggest dental sealants for the permanent molar teeth. A sealant is a plastic resin that bonds to a tooth's chewing surface and helps keep cavity-causing bacteria from getting into the grooves and valleys of teeth where decay typically starts.

In the end, it's the basics – brushing and flossing daily and getting regular dental checkups – that have the most impact on a kid's smile. Remember, dental decay and gum disease are preventable. Help your child enjoy a lifetime of easy preventive and routine dental visits.