Children’s Dental Treatment Brings Lifelong Smiles

Do you remember your parents saying, “Brush Your Teeth?” The words are impactful because they mean Everything when keeping children healthy for life! February is National Children’s Dental Health Month, and Central Florida Health Care wants families to brush up on oral health tips.

The American Association of Pediatric Dentists says parents need to find their child a “dental home” no later than their first birthday or first tooth. Oral health impacts our overall health, so routine exams and dental habits are crucial for children.

Mouths contain bacteria, and some can cause tooth decay and gum disease, ultimately leading to potential health concerns, including heart disease. Tooth decay is prevalent among children in America, but it’s preventable.

Central Florida Health Care has general dentists that primarily see children and they encourage early dental care in several locations. Dr. Archana Antony says it’s vital for children to have routine exams. Nutrition, brushing habits, flossing, and fluoride all impact oral health.

Children should brush their teeth twice a day and floss regularly between the teeth. Professional cleanings remove tartar, which traps plaque bacteria along the gum line. A balanced diet with fewer snacks can also lower the risk of getting tooth decay and gum disease.

Children will feel more comfortable seeing the dentist when introduced at an early age, plus they’ll adopt healthy habits to last a lifetime. And that’s something to smile about!

If you need to schedule your child a dental exam in Polk, Highlands, or Hardee Counties, call us at 866.834.8534.