YOUR CHILD'S DENTAL VISIT



EVERYONE SHOULD VISIT THE DENTIST EVERY SIX MONTHS

For a healthy mouth and smile, you should find a dentist that you like and trust, see the dentist every six months and stay with the same dentist who will be able to monitor and care for your family's oral health as you grow and change.

Dental Home

Everyone should have a Dental Home. A Dental Home is the dentist office where you go regularly every six months. If you do not have a Dental Home, call this number for help finding one: **1-888-912-3456**.

WHAT THE DENTIST WILL DO DURING YOUR CHILD'S OFFICE VISIT

Oral Exam

The dentist will look at how your child's mouth is growing and developing and for any changes since the last visit. Your child will also learn how to keep a healthy mouth. You will also learn how to teach your child to take care of their own mouth. You are the key to helping your child have a healthy mouth and healthy oral habits.

Cavities

The dentist will watch for cavities and changes in the mouth that may cause cavities.

X-rays

The dentist will only recommend x-rays when needed.

Cleaning and Polishing and Fluoride

The dentist will do an exam and decide how often to clean the teeth and how often to put fluoride on the teeth. Fluoride is a mineral that reduces cavities.

YOUR CHILD'S DENTAL VISIT BY AGE

Age 6 & 12 Months

Take your child to the dentist when the first tooth comes in. Your dentist will talk to you about how to take care of your child's mouth as your child grows. The dentist will also talk about preventing mouth injuries from pacifiers, car seats, learning to walk, and playing. The dentist will talk about thumb sucking and pacifiers and when to help your child stop those habits.

Age 12 & 24 Months

Your dentist will talk with you about how to take care of your child's mouth, healthy snacks and other healthy tips. Your dentist will talk with you about how your child is learning to talk to make sure the mouth is growing correctly. The dentist will also talk about preventing mouth injuries at this age.

Age 2 to 12 Years

As your child grows, you will get advice about how to help your child learn to take care of their mouth, how to eat healthy, and other tips. Your dentist will give you information on how to prevent a mouth injury. The dentist will also provide advice on how to deal with a mouth injury if your child should experience one.

The dentist may also examine your child's mouth for malocclusion. This is the way the upper and lower teeth fit together for biting and chewing. The dentist will look at the mouth and how the teeth fit together. This can affect eating, talking and smiling. The dentist will recommend how to fix any problems.

As your child's permanent back teeth come in, your dentist may recommend the application of sealants. Dental sealants are a plastic resin that a dentist puts into the grooves of the chewing part of a tooth to prevent cavities.

Age 12 Years and Up

As your child becomes a teenager, the dentist will talk about hormonal change and how it can affect the mouth. The dentist will also talk about smoking, oral piercings, drug use and other things teens may consider and how they affect oral health.

Wisdom teeth may emerge in your child's teens. Also called third molars, wisdom teeth can come in wrong. They can also cause the other teeth to be crowded. Because they are so far back it's hard to brush them well. The dentist will look at these teeth and determine if they should be removed.

Smiles For Children
Improving Dental Care Across Virginia

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