

A Good Kid...

Last week, we had one of the most well behaved patients we've had in a while. She didn't cry, she didn't squirm, and she was a whopping five years old. I'd like to think that the pink, blue, and gold fillings helped, but the truth is she was just well behaved in the dental chair. Some kids are. Some kids...not so much.

Recently, studies have demonstrated a correlation between a child's oral health and their parent's oral health. In other words, parents who take good care of their teeth tend to have kids who take good care of their teeth. Anyone with a young child or grandchild can attest to their "spongy" nature. Kids do what they see their heroes do; for better and sometimes for worse.

Along those lines, here are a few ways we can help our kids to have healthy teeth.

Brush, Fluoride, Diet, and Floss. The main habits that keep adult teeth healthy will keep baby teeth healthy. Good oral hygiene and a sensible diet can prevent almost all dental disease. It's true that most kids have spaces between their baby teeth, but even mimicking flossing will help to establish good habits.

Routine and Positive Experiences. Kids read Mom and Dad in every situation. If we trust people, our kids tend to trust those same people. It is great for your child to see you have a positive dental experience; even better for them to have their own positive dental experience. The more good times in the dental chair before any treatment has to be done, the better a child will behave if and when teeth need to be fixed.

A Comfortable Place. Seek out a dental office that is "kid friendly." For some that means a pediatric dentist with kid sized chairs, colorful walls, and a specialized children's waiting area. For others, the place does not matter so much as the dentist's personality. Some kids behave better for a female doctor while others may react better to a man. Most importantly, Mom and Dad should be comfortable and confident in their child's doctor.

Until next week, keep smiling.

-Please send comments to Drs. Parrish through www.ParrishDental.com.