

How Can Older Children and Teenagers Avoid Getting Cavities?

If you're looking for ways to help your teen keep their teeth, you're in the right place. As board-certified Idaho Falls pediatric dentists and Pocatello pediatric dentists, we've got your back on helping keep your maturing children conscious of their dental hygiene.

Cavities

Updated On: November 27, 2024



The new-found independence of a growing child or teen can be both entertaining and frightening for a parent to witness. As children get older, they take pride in being able to choose their own path. But their path doesn't always include remembering to floss.

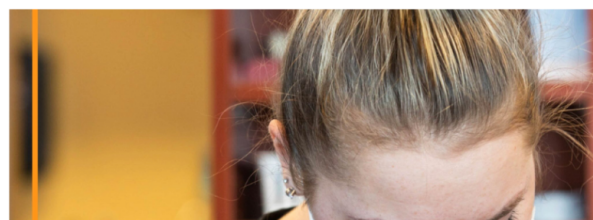
If you're looking for ways to help your teen keep their teeth, you're in the right place. As board-certified **Idaho Falls pediatric dentists** and Pocatello pediatric dentists, we've got your back on helping keep your maturing children conscious of their dental hygiene.

Cavities are Caused by Bacteria

As much as our children think we are exaggerating, neglecting dental hygiene will literally rot their mouth. Tooth decay happens when the mouth becomes infected by acid-producing bacteria. Bacteria can also develop when teeth or gums are exposed to any liquid other than water often throughout the day. Along with healthy eating habits, strengthening your teeth with fluoride (found in most toothpastes) is one of the best ways to prevent tooth decay.

Cavities are Preventable

In case they haven't already heard it a thousand times, here are some important reminders to share with your older children and teens to help them prevent cavities:





1. **Don't Rush the Brush.** By the time they're old enough to do it themselves, most children know that brushing their teeth at least twice a day is a must. But with life's adventures calling (or texting) them, sometimes brushing a full 2-3 minutes feels like an eternity for our children. Just remind them that their smile will catch more likes if the brush actually makes contact with their teeth.
2. **Flossing was a Thing Before the Dance Move.** You may have heard this one, but It's important to remind your children that flossing is optional. They only need to floss the teeth they want to keep. Another way to send the message home to your teenagers is to let them know that flossing helps prevent gum disease-- a huge contributor to bad breath. Dates are likely to go better for teens that floss. P.S. Mouthwash is a great addition to this step!
3. **Try Water, it's Great!** It might sound obvious, but limiting sweet or sticky foods and drinks can reduce tooth decay substantially. As satisfying as a cold soda or fruit juice can be, water is a revitalizing beverage with absolutely no risk of toothlessness! Of course, occasional sweets are necessary to the enjoyment of life, so when children do consume them, just remind them to keep up on tips 1 and 2.
4. **Dentists Have a few Tricks...** Sometimes you just need an extra layer of security. Your pediatric dentist can provide just that by applying sealants to your child's teeth. **Sealants** are a clear coating that fill the tiny grooves in your child's teeth for an extra layer of protection. There's no downside.

Schedule An Appointment With Us! **Children ages 6+ should be seen by their pediatric dentist at least every 6 months. Schedule an appointment with Just 4 kiDDS Dentistry For Children sooner rather than later!**

Continue Reading

View All

Does My Child Need Fluoride Treatments at the Dentist?
Updated On: December 10, 2025

>

How Does Diet Affect Children's Dental Development?
Updated On: November 18, 2025

>

When Should My Child Have Their Wisdom Teeth Evaluated?
Updated On: November 4, 2025

>

Does Your Child Have Gum Disease? Warning Signs to Watch For
Updated On: September 12, 2025

>

Wed 8AM-5PM
Thurs 7AM-4PM
Fri 8AM-2PM



Specials & Coupons



Office Tour

