







## Welcome to Aloha Pediatric Dentistry!




We're so happy you're here. Our goal is to give your child the best dental care in a safe and comfortable environment, and help them build healthy habits for life.

### Tips for Helping Your Child with Dental Care

#### 1. Brushing:

-  **Assist your child with brushing.** Most kids need help until age 7 or 8 to brush effectively.
-  Use **fluoride toothpaste** if recommended by the dentist.
-  **Drink fluoridated tap water** (e.g., EBMUD and SF PUC provide fluoride in their water).
-  If your water comes from another source, check their fluoride practices online.

#### 2. Flossing:

-  **Help your child floss** when their teeth start touching together.
-  Toothbrush bristles can't clean between teeth effectively.
-  Encourage flossing daily. Children typically need assistance with flossing until age 10.

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### 3. Limiting Snacks:

- 🍪 **Limit snack times** to avoid constant acid exposure to teeth.
- 🚫 **Avoid sweet, sticky, or starchy foods** including **NO DRIED FRUIT** between meals.
- 🍎 Even healthy snacks, if eaten frequently, can contribute to tooth decay over time.

### 4. Avoid Sugary Drinks:

- 🚫 **No juice for thirst or snacks.** Even diluted juice has sugar that can lead to decay.
- 🥛 Offer **water or milk** instead of sugary drinks.

### 5. Rewarding with Candy:

- 🍬 **Avoid candy as rewards.** Consider healthier alternatives.
- 🏠 **Check school/daycare snacks** to ensure healthy options.

### 6. Need More Information?

- 🌐 Visit the **American Academy of Pediatric Dentistry** at [www.aapd.org](http://www.aapd.org).
- 📱 For tips from us, visit [www.alohakidsdds.com](http://www.alohakidsdds.com).

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