



# Pediatric Dentistry

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## Parents Corner

### Habits that can damage your teeth

#### Potential Problems:

- ▶ Crooked permanent teeth
- ▶ Malformed roof of mouth
- ▶ Misaligned Jaw
- ▶ Speech problems



Thumb Sucking

#### How to Break the Habit:

- ▶ Wait till the time is right (low stress).
- ▶ Motivate your child (show examples of what could happen to their teeth, and fingers/thumbs).
- ▶ Use a reward system (small incentives will encourage your child to stick with it!).

#### Potential Problems:

- ▶ "Baby Bottle Tooth Decay"



Sleeping with a Bottle of Juice, Milk, or Formula at Night

#### How to Break the Habit:

- ▶ Switch to bottles of water at bedtime.
- ▶ Stop nursing when your child is asleep or has stopped sucking on the bottle.

#### Potential Problems:

- ▶ Tooth Decay
- ▶ Cavities



Sugary Drinks

#### How to Break the Habit:

- ▶ Try not to let your child use a bottle of milk or juice as a pacifier.
- ▶ At **6 months**, start to teach your child to drink from a cup of water.
- ▶ At **12 months**, start to try and wean off the bottles. will encourage your child to stick with it!).
- ▶ Don't dip your child's pacifier in honey or sugar.

#### Potential Problems:

- ▶ Tooth sensitivity
- ▶ Loss of tooth enamel
- ▶ Dark or yellow teeth
- ▶ Receding Gums



Brushing Too Hard

#### How to Break the Habit:

- ▶ Model the proper technique for your child: gentle, short, back and forth motion.
- ▶ Use the right toothbrush: Soft, rounded bristles.
- ▶ Change to a new tooth brush every **6 months**.