

Dental Care and Fluoride

Many children will begin to develop teeth at around six months of age. There are several things you can do to keep your child's teeth strong and healthy.

Cleaning - Begin to clean the teeth of your infant with a washcloth or gauze progressing to a toothbrush as they get older. They need only a dab of toothpaste on the brush.

Fluoride - Fluoride is necessary to strengthen the enamel and help prevent cavities. Children need to ingest fluoride for the developing teeth from infancy to age thirteen. Raleigh city water is supplemented with fluoride. If your child drinks well water, it is important to know if the water has natural fluoride (most does not) and we can provide you with a testing kit. A fluoride supplement will be necessary if your child's water supply does not provide fluoride. Even with the fluoride swishes at school and the treatment at the dentist, your child will need fluoride drops or chewable tablets.

Other dental problems can be prevented by discouraging prolonged thumbsucking or use of pacifiers and avoiding bottles during the night, especially those with sweetened drinks, juices and milk.