

School-Age Child



Frequently Asked Questions

When can my child start to brush his/her own teeth?

Although every child develops motor skills at a different rate, by about 7 or 8 years old, your child should be physically able to do a *good* job using a toothbrush.

What if my child wants to brush on his/her own?

While it is important to encourage children to brush as a part of the daily routine you will need to check to make sure they are reaching the permanent molars at the back of their mouth. Remember that the toothbrush must start on the gum-line to remove the sticky, bacterial plaque.

When is the best time for me to brush their teeth?

The best times for brushing are morning and night. You might find it easier and more relaxed to help supervise brushing at night, when you have more time. Around the age of 9 your child can learn how to use dental floss to clean in-between. Your child might find a floss holder a handy tool to use.

The tops of the molars are hard to clean. Is this normal?

Molars are designed to help us chew. The tops of the molars often have deep groves that are hard to clean. A plastic coating or sealant will protect the molars and make them easier to clean. Currently, the Machray School Dental Clinic provides free sealants. Call 940-2090 for an appointment.

Should I worry about my child's teeth when they play sports?

When children are involved in a physical activity they should protect their teeth by wearing a mouth guard. Mouth guards may be made by a dentist or purchased from a sporting goods store. If a tooth is "hit", have a dentist check it to be sure that it has not been damaged. If a tooth is accidentally knocked out, pick it up (do not clean it) and call your dentist immediately. Most dentists have emergency after hours phone numbers.

