



Jackson Creek Dental Group
Smiles for Life

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WHERE SMILES START- Your Child's First Dental Visit And Fluoride

Every good parent wants **to get started right** with their children's teeth. We want our children to have a beautiful smile that will last their lifetime and not fear dentistry. Jackson Creek Dental Group is where smiles start.

Your attitude about your dentistry is contagious with your children. How you feel about, and the importance you place on your teeth and smile will be transferred to your children.

Fluoride therapy is the single most important item that you can do to help your child keep their teeth for a lifetime. **Fluoride supplements and regular professional fluoride treatments in the dental office will reduce dental decay by 50-70%.** Fluoride is one of the most researched subjects there is. It works and it is safe. We have the research to back this up. Ask us.



There is no fluoride found naturally in the ground water in Amador and Calaveras counties and, to date, it is not added to the municipal water supply. Therefore, **daily fluoride supplements are necessary.** This should start with the mother in-utero (while pregnant), or as soon as possible. Fluoride supplementation should continue until age 14 (longer if there is a decay problem). Fluoride is by prescription only but is **very inexpensive** (the cost of a lifetime's worth of fluoride supplements (tablets or liquid drops) is less than the cost to repair one cavity).

You should start caring for your child's gums and teeth at birth. **Gently wipe your baby's gums** with a soft, wet cloth or gauze pad after feeding to remove excess food and bacteria. When teeth first appear, clean them with a soft, small toothbrush twice a day. Once the teeth start to touch next to each other, introduce daily flossing with your assistance.

When your child is around **the age of three** (or sooner if you see dark spots on the teeth) it is time to schedule a **complete new patient exam at JCDG.** When scheduling your child's first visit to the dentist, try to make it at the time of day your child is most rested and cooperative. You might want to read a story about a trip to the dentist or play dentist by taking turns looking inside each others mouths. Also, your attitude will go a long way in conveying the message that good oral health and dental visits are pleasant adventures. Depending on their ability to cooperate, we may take x-rays if decay is suspected. These x-rays are also helpful in determining normal development of the permanent teeth. We will also provide further education on how to properly take care of your child's teeth.

Eating only during mealtime will greatly reduce tooth decay. Sodas are the biggest cause of tooth decay in children AND adults and is becoming an epidemic in America. Eliminate, or severely limit, the amount of sodas your child drinks. If you must, have them only at mealtime, never in between meals. Please refer to the brochure "Soda and Teeth-A Rotten Mixture".

Most people are keeping their teeth a lifetime. With your own great attitude and example, and teaming with us at Jackson Creek Dental Group, your child will have a healthy *Smile for Life!* 😊

Advanced Comprehensive Dentistry & Orthodontics

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