

3 Most Important Ages for Your Child's Dental Health

Start encouraging healthy dental habits in your child from an early age. Here are the **3 most important ages** in your child's life when they should see a dentist and orthodontist.



The American Academy of Pediatric Dentistry recommends children make their first visit to the dentist at age 1 to establish a foundation for their dental care.

This dental visit allows parents to address their child's oral health in a number of areas:

Proper use of fluoride

Management of oral habits such as finger and thumb sucking



Teething

The connection between diet and oral health

How to care for an infant's or toddler's dental health



Age 4 represents a critical age for a child to correct bad oral habits such as sucking or chewing on fingers and thumbs. And with an age 4 dental visit, dentists can reinforce strategies to help a child overcome these bad habits quickly and effectively.

An age 4 dental visit also enables parents to find out if their children are getting enough **fluoride**, which develops healthy teeth and **prevents early tooth decay**.

With the proper amount of **fluoride**, children can reverse low levels of tooth decay and keep new cavities from forming.



Age 7 also offers a great time to introduce orthodontics, which plays a crucial role in a child's oral health. By seeing an orthodontist at age 7, a child may be able to reduce the risk of tooth trauma as well as the need to extract permanent teeth in the future.

Also by **age 7**, a child's first molars erupt, resulting in a back bite. This enables orthodontists to properly evaluate the front-to-back and side-to-side relationships between a child's teeth and detect future dental problems.

