

Dr. John Addison offers Back-to-School Dental Tips

Once you've stocked up on school supplies, what's left to do? Don't forget to take your child to the dentist! Your dentist can identify problems that may interfere with speaking, eating and learning and help prevent missed school days related to dental pain. By following these tips, your child will receive an A+ on his or her dental report card.

- **Dental Care** – Your child should have twice yearly dental examinations and cleanings to help prevent and diagnose problems. Fluoride treatments or sealants may be recommended to keep teeth and gums healthy.

- **Hygiene** – Establish a routine that includes brushing twice daily for two minutes and flossing. To motivate your child, let your child pick out a new toothbrush, use a children's fluoride toothpaste in a fun flavor and have your child



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floss with children's floss picks which are easier to use than traditional floss.

- **Diet** – If you pack lunch, send whole grains, cheese, yogurt, fruits and vegetables. If your child buys lunch, review how to make healthy choices and encourage your child to choose water or plain milk over soda, juice or flavored milks which contribute to tooth decay and other health problems.

- **Mouth Guards** – Children should wear mouth guards when playing sports. According to the American Dental Association, more than 2 million teeth are lost every year in sports injuries. Dentists create custom-fit guards that provide superior feel and protection to what you can buy over-the-counter.

By properly caring for your child's teeth, you set the stage for a fantastic school year and you create healthy habits that will positively impact your child's health for a lifetime.

Dr. John Addison, DMD, offers appointments before and after school. For added comfort, all treatment rooms have TV's and Kindles are available for playing games and reading. To make an appointment, call (305) 670-9755 or visit our website: www.fisherandaddisondental.com.