

HARRISBURG, Pa. (02/01/2021) –With February being National Children’s Dental Health Month, United Concordia Dental, a national dental solutions partner, has some guidance for parents on how to establish early and effective routines for young children (newborn to 10-plus).

“Establishing good routines from infancy is an important first step for a lifetime of quality oral health,” says Quinn Dufurrena, DDS, Chief Dental Officer for United Concordia. “Habits developed as a child underscore the importance of flossing and brushing twice a day, into adulthood.”

For children 0-4 months: Resist temptation to put your baby to sleep with a bottle of milk or juice or coat a pacifier with a sugary substance. Gently wipe gums with a soft cloth or rubber finger toothbrush before the first teeth come in.

At 4-6 months: The first trip to the dentist can be scheduled as soon as the first tooth comes in but should be no later than the first birthday. At this point, the oral health routine should include twice-daily care, especially prior to sleep.

For one-year-olds: Once the majority of baby teeth are showing, a child’s soft toothbrush is appropriate.

Between 2-3 years: Once teeth have come in fully and are fitting together, start helping your child floss. Continue to help your child brush, while teaching how to spit out. Be aware: All 20 primary baby teeth should have come in by age three; consult your dentist if this is not the case. By this age, children should see the dentist every six months.

At 3-6 years: Children should begin to brush independently, while supervised. Parents should make sure no areas of the mouth are missed and continue to help with flossing.

For children 6-10 years: While a sound home dental care routine should be well-established by now, parents should still push consistency and thoroughness. Begin planning for braces and wisdom teeth; even if teeth appear to be straight, it’s not a bad idea to consult an orthodontist around age seven. They’ll be able to evaluate any potential structural issues that may require orthodontia. Wisdom teeth may need to be pulled or surgically removed from beneath the gum line in teenage years.

To learn more about United Concordia Dental and for other oral health tips, visit [UnitedConcordia.com](https://www.unitedconcordia.com).

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