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Pediatric Dentistry 101: Brush Two Minutes Twice a Day for a Healthy Smile



Is Your Child Safe from Tooth Decay? The Partnership for Healthy Mouths, Healthy Lives now recommends children brush their teeth for “two minutes, twice a day,” to reduce the chance of developing childhood tooth decay. Regular dental checkups, along with a healthy oral hygiene routine, can ensure a lifetime of positive dental experiences for your child. To

protect their developing smile, make an appointment with Dr. Cohlmia and his experienced team at El Reno Family Dentistry today. Dr. Cohlmia is committed to the prevention of tooth decay for every member of your family. Dr. Cohlmia’s kid friendly dental office proudly serves patients of all ages daily throughout El Reno, OK, Minco, Hinton, Calumet, and the surrounding Canadian County communities.

Why Are Pediatric Dentistry Appointments So Important?

Your child’s primary teeth are vital to the development of their jaws and the placement of their permanent teeth. Dental decay (cavities) in your child’s primary teeth can cause many problems including pain, infection, and damage to the developing permanent teeth. Dental decay in children can begin in the first year of life; however, it’s entirely preventable with proper dental hygiene routines and regular dental checkups. Since dental decay in children can progress very rapidly, it’s critically important that your child see’s a dentist early, and often for optimal oral health.

8 Pediatric Dentistry Tooth Brushing Tips

- Encourage your kids to brush with fluoride toothpaste twice a day
- For kids age 3 and under, brush using a rice grain sized amount of toothpaste
- Use a pea-sized dab of fluoride toothpaste for kids ages 3-6; use slightly more after age 7
- Teach them to spit out the toothpaste when they’re done so they don’t swallow it
- Help your kids place the toothbrush at an angle against their gums
- Make sure they move the brush back and forth, gently, in short strokes
- Help them brush the front, back, and top of teeth
- Teach them to brush their tongue to remove germs and freshen their breath

Pediatric Dentistry Appointments in El Reno, OK

The American Academy of Pediatric Dentistry recommends that your child starts visiting a dentist at twelve months, with semi-annual visits thereafter. Our pediatric dentistry experts can keep your child safe from tooth decay and infection with thorough oral examinations, dental sealants, and fluoride treatments. You can also rest assured that we will do everything we can to make sure your child has a fun and positive dental visit. In fact, Dr. Cohlmia and the highly qualified team at El Reno Family Dentistry can provide great dental experiences, excellent oral health, and beautiful smiles for your entire family. Make your child's next dental appointment with Dr. Cohlmia and his family-friendly dental team at El Reno Family Dentistry today. Dr. Cohlmia is dedicated to keeping your child smiling all year long. El Reno Family Dentistry is trusted by families throughout El Reno, OK, Minco, Hinton, Calumet, and nearby Canadian County communities.