

We're celebrating Children's Dental Health month!

Have you heard about Children's Dental Health month? Your family dentist in El Reno is excited about celebrating it this month.

It's February, the month of love, a couple office birthdays and children's dental health! That's right -- this month is the time we dedicate to spreading awareness about your little one's oral health, like how you can keep it strong for a lifetime of healthy teeth. Regular brushing and flossing are a big part of it, but there's more. Keep reading for tips on maintaining excellent children's dental health from your trusted family dentist in El Reno, [Dr. Adam Cohlmiä!](#)

Your child needs help maintaining healthy teeth

She can't do it all on her own -- good oral hygiene in children takes lots of practice, and careful guidance from you. Keep these top three tips in mind and you'll be giving your little one the best gift of all: healthy teeth that last a lifetime!

#1: Help her brush and floss regularly

Brushing for two minutes, twice a day and flossing daily are vital for smiles of all ages and sizes. Help your child when she's too young to do these tasks on her own, but continue to monitor her techniques even after she starts brushing and flossing by herself (typically around age 6, or when she can tie her own shoes). If you meet resistance, you can make it fun by having family smile time -- when everyone brushes and flosses together. Your good example is crucial for developing good oral habits in your young one.

#2: All things in moderation

Your family dentist in El Reno believes all children should enjoy candy from time to time -- but the important thing is moderation. Help your child understand that sweet treats are just fine on special occasions, but that their sugars can cause real harm to their teeth and overall health. And to protect their small smile from damage, encourage rinsing the mouth with water after consuming sugar.

#3: Regular visits to the dentist

Here's another thing your child can't do for herself yet: schedule and maintain her visits to the El Reno family dentist. Set her up for a lifetime of healthy teeth by making sure she gets a checkup and cleaning every six months -- and schedule your own while you're at it, too. When she sees that you value good oral health, chances are good that she will, too.

Schedule your child's visit today!

Speaking of visiting the dentist -- what better time for your child's six month checkup and cleaning than during Children's Dental Health month? [Call our office](#) to schedule your little one's appointment with Dr. Cohlmiä, the dentist in El Reno today!