



Health

Cavity protection tips for preschoolers' teeth

By Dr. Rick Borquez

Providing proper care and oral hygiene during preschool years can mean a lifetime of good oral health. Research shows that children who develop cavities in their baby teeth are more likely to develop cavities as an adult. So how can a parent determine if their child is at risk for cavities? It all begins with that first trip to the dentist.

The first dental visit should include an exam to determine if the child is at low, moderate or high risk for cavities and will help decide which oral hygiene program best suits them. The dentist will be able to explain to the parent how often the child should be brushing, as well as provide flossing instructions for the child.

Brushing should begin when the first tooth erupts. Parents should be in charge of a child's brushing until the child is able to tie his or her own shoes or write their own name, usually five or six years of age.

Children whose parents are prone to cavities and tooth decay



Young children need special dental attention

need to be extra careful. There is a generic predisposition to tooth decay.

Children at high risk for cavities should be discouraged from eating starchy snacks, such as crackers and chips. In fact, one good way to determine if a snack is good for a child is to check their teeth 20 minutes after consump-

tion. If the teeth are still filled with food, the snack should be discontinued. Regardless of what food is

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