

# Good dental habits from the start

## Oral health for kids: What you need to know

### Brush twice a day for two minutes

Brushing for two minutes with fluoride toothpaste helps reduce plaque and avoid cavities.\*

Two minutes can be a lot for a child, so try an app to make it a fun experience: The **Disney Magic Timer by Oral-B** lets your child brush alongside their favorite characters, and the **Toothsavers Brushing Game** takes them on an exciting adventure. Both are in the App Store and Google Play.

### Consider sealants

Dental sealants are applied by a dentist and protect cavity-prone areas in molars.\*\* They're a proactive way to help avoid future dental issues.

### Reduce sugars

Every time your child eats or drinks something sugary, their mouth creates acid that can lead to tooth decay.\*\*\* If they're going to eat a sugary food, they should drink water after. If they're going to have a sugary beverage, such as soda, juice or a sports drink, they should use a straw.

### Encourage healthy snacks

Mouth-healthy snacks include cheese sticks, nuts, low-sugar yogurts, veggies and apples.



#### Schedule a check-up today

Regular cleanings – at least two per year is recommended – help keep your child's mouth healthy and catch any issues when they're small. Find a pediatric dentist at [myCigna.com](https://myCigna.com).

\*Raypole, Crystal. (2019, April 19). "5 Toothbrushing FAQs." Healthline. [www.healthline.com/health/how-long-should-you-brush-your-teeth-2](https://www.healthline.com/health/how-long-should-you-brush-your-teeth-2).

\*\*American Academy of Pediatrics. (2013, September 13). "Dental Sealants for Children." [www.healthychildren.org/English/healthy-living/oral-health/Pages/Dental-Sealants-for-Children.aspx](https://www.healthychildren.org/English/healthy-living/oral-health/Pages/Dental-Sealants-for-Children.aspx)

\*\*\*American Dental Association. "6 Ways to Reduce Your Child's Sugary Snacking." Mouth Healthy. <https://www.mouthhealthy.org/en/nutrition/child-snacking-tips>.

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