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Dental Tidbits for Parents

Your child's first dental visit should be at 2½ to 3 years old.

Your child should take a fluoride pill or drops if you do not have fluoride in your drinking water; check with your municipality. Most bottled water does not contain fluoride.

You should brush your child's teeth until they are able to do a good job, usually around 6 to 8 years old. Have them use the child flossers; it is easier for them. When they brush on their own, once a week brush them yourself so you can have a better look in the child's mouth, checking for any problems.

Pop and sweets should be considered a treat, not an everyday necessity.

Visit your dentist every 6 months.