

# Sona J. Isharani, DDS

## Board Certified Pediatric Dentist

### Pediatric Dentistry with a Mother's Touch



## A Message to the Family

Your child should currently be learning to get involved with their oral health care. Two of the most important ways to protect your child's teeth and gums are:

- Brushing teeth thoroughly at least two times a day with fluoride toothpaste.
- Flossing daily.

We have created a neat tooth brushing chart that you can frame or laminate to use week after week for your child. Put it in a prominent area in your home, where your child can check off their progress, as they brush each morning and night.

By brushing with your child and practicing good oral health care habits, you will be able to make sure he or she has a healthy smile that will last their lifetime!

See our helpful brushing and flossing suggestions to follow as you brush & floss together.

## How to Brush



Place brush at an angle along outer gumline. Wiggle gently back and forth.



Repeat wiggling technique for each tooth.

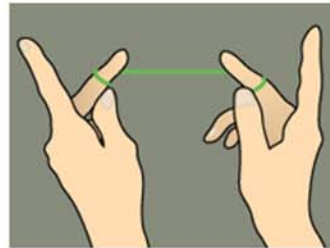


Brush the inner, outer, and chewing surfaces of each tooth.

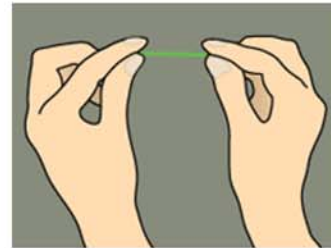


Use the tip of the brush to brush behind each front tooth, top and bottom. And don't forget to brush the tongue.

## How to Floss



Wind about 18" of floss around the fingers as shown. Most of it should be wrapped around one finger, and as the floss is used, the other finger takes it up.



Use the thumbs and forefingers to guide about one inch of floss between your teeth.



Holding the floss tightly, gently saw the floss between the teeth. Then curve the floss into a C-shape against one tooth and gently slide beneath the gums.



Slide the floss up and down, repeating for each tooth.

