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Welcome to Aloha Pediatric Dentistry! Our mission is to provide our patients with high quality comprehensive and preventive dental care in a safe, caring, and comfortable environment. We wish to educate and prepare our patients for a lifetime of ongoing optimal dental health, free of dental decay and gum disease. After evaluating your child we will provide you with techniques for effectively brushing and flossing your child's teeth, diet counseling, and if necessary, fluoride recommendations.

We have highlighted some key information below that can help you give your child a lifetime of healthy habits:

- Help your child with brushing. Most children do not acquire the manual dexterity to brush well until age 7 or 8.
- Use fluoride toothpaste if recommended during your child's appointment and drink tap water at home if your water is fluoridated (both EBMUD and SF PUC fluoridate their water.) If you get water from a different supplier, consult their website for information about fluoride practices. Fluoride becomes incorporated into the enamel of teeth and makes it more resistant to acid breakdown and decay.
- Help your child floss when you see that the teeth are touching together. Toothbrush bristles are unable to clean between contacts. Encourage flossing once a day. Children need help with flossing until about age 10.
- Limit the frequency of snack times and avoid sweet, sticky, and starchy food between meals. Children who nibble and graze throughout the day have more acid exposures, which causes breakdown of tooth enamel even if they are snacking on healthy foods.
- Avoid offering juice for thirst or as a snack. Even diluted fruit juice is sugary and can cause decay. Try to offer only water or milk for drinks.
- Be cautious of rewarding positive behavior with candy. Remember to check snacking patterns at your child's daycare or school setting.
- For more information on dental health please refer to [www.aapd.org](http://www.aapd.org) (American Academy of Pediatric Dentistry) and our website [www.alohakidsdds.com](http://www.alohakidsdds.com).

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