

CAVITY PREVENTION

STARTS AT HOME

Daily Habits to Help Prevent Tooth Decay

At South OC Pediatric Dentistry and Orthodontics in Mission Viejo, CA, we believe the best dental care starts with prevention. Healthy daily habits can help reduce the risk of cavities and support long-term oral health.



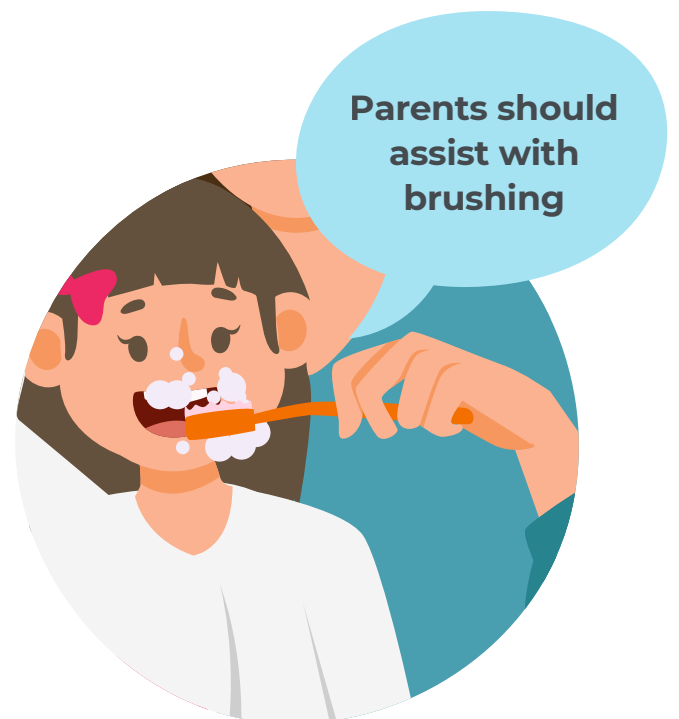


TODDLERS AND PRESCHOOLERS



Ages 0–4

Early habits play an important role in preventing tooth decay.





HELPFUL TIPS



Use a small,
soft-bristled
toothbrush



Make brushing
part of the
bedtime routine



Keep snacks structured
instead of grazing
throughout the day



SCHOOL-AGED CHILDREN

Ages 5–10



As children grow, independence increases, but supervision is still important.

Brush twice daily with fluoride toothpaste

Floss once daily

DENTAL FLOSS

Supervise brushing to ensure proper technique

Limit sugary snacks and drinks

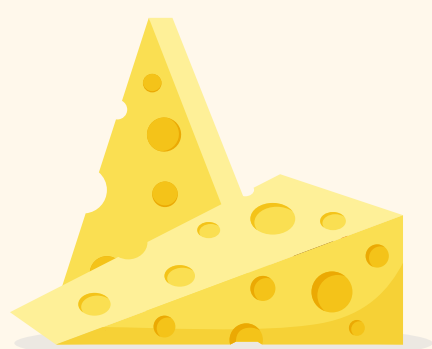


Encourage
water between
meals



Replace
toothbrush
every 3 months

Tooth-friendly Snack Ideas



Cheese



Yogurt



Fresh fruit



**Crunchy
vegetables**



**Whole grain
crackers**



**Nuts
(age appropriate)**

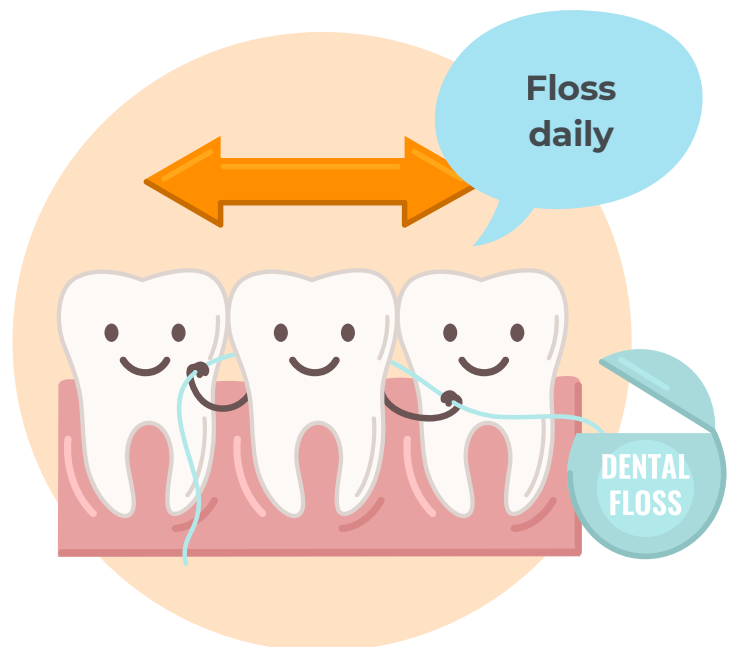
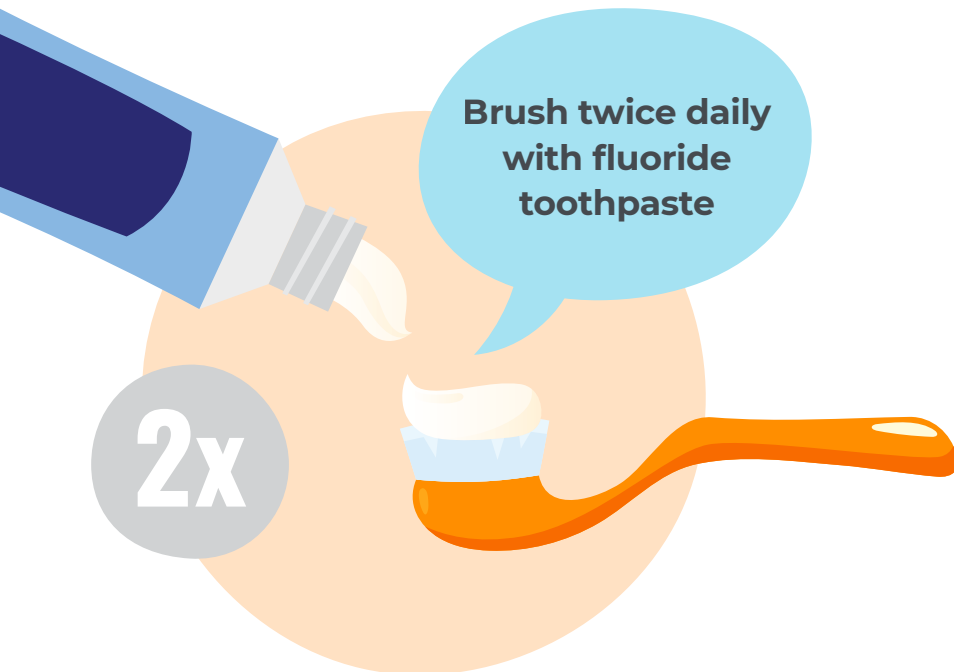


PRE-TEENS AND TEENS

Ages 10–17



Older children face different cavity risks,
including diet and busy schedules.





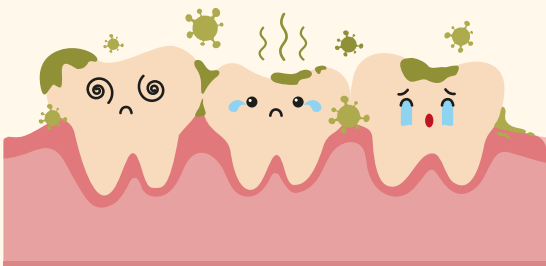
Common cavity risks for teens



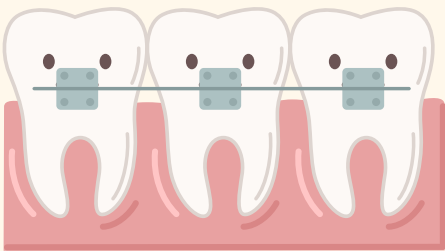
Sports drinks and energy drinks



Frequent snacking



Skipping brushing



Orthodontic appliances that trap food