



San Juan, TX (956) 223-4428

contactsanjuan@littleheroesdentistry.com

423 W F.M 495, San Juan, TX

Mission, TX (956) 581-4403

contactmission@littleheroesdentistry.com

1317 St Claire Blvd #A3, Mission, TX

Laredo, TX (956) 568-6690

contactlaredo@littleheroesdentistry.com

5220 McPherson Rd #101, Laredo, TX

Top 10 Healthy Habits for Your Little Hero

Good dental health starts from the day that your child first comes home from the hospital. With the right tools, you can begin cleaning their gums and baby teeth.

Our Little Heroes staff wants to prepare your little ones for a future full of beautiful, bright smiles. That's why it's so important for them to develop good dental habits early in life.

Little Heroes Aren't Afraid

Build a comfortable environment for your little hero by roleplaying "dentist time". A trip to the dentist before, or on, their first birthday is recommended to help them become familiar with the environment.

As they get older, answer any questions they may have to calm their fears.

Little Heroes Follow Big Heroes

At around 3, your little one can start brushing with a small amount of fluoride toothpaste. Making it a family effort also gives them a chance to watch you in action. Remember that big heroes need to set the example.

Explain Why "There's No Running in the House"

The "No Running in the House" rule is very important. More than half of injuries to "baby" teeth happen as a result of accidents involving furniture and other household items.

Being careful isn't always fun, but it's a lot better than pain and dental repairs. Help your kids understand this.

Growing Seeds Need Plenty of Water

Water is not always the first (or second) drink choice for most kids but it is the best one for their teeth. Water helps clean away stray bits of food and other harmful residues.

Also, the water in your home likely has fluoride, which helps protect their teeth from a number of potential problems.

Sound Off on Sweets

Kids love candy and other sweets but they can take a nasty toll on your children's teeth. While the occasional treat isn't too bad, too much sugar can lead to cavities and tooth decay. Keep your little hero's smile beautiful and sound off on those sweets.

Pacifiers

Pacifiers are often a baby's best friend. But allowing your child to use them for too long can have dramatic effects on their teeth.