

Preventive Cleanings and Exams for Kids

A guide to your child's regular dental check-ups and cleanings.

Based on Preventative Cleanings Exams.Html by Cool Mountain Kids Pediatric Dentistry

Step 1: Schedule Your Child's First Dental Visit

Schedule your child's first dental visit by their first birthday or within six months of their first tooth erupting.

- This visit helps your child become comfortable with the dental environment.
- It allows the dentist to check for early signs of tooth decay.



Step 2: Prepare for the Appointment

Discuss the upcoming visit with your child in a positive and reassuring way. Avoid using words that might cause anxiety.

- Explain that the dentist will count their teeth and make them shiny.
- Consider reading books about visiting the dentist.



Step 3: During the First Visit

The dentist will gently examine your child's mouth, teeth, and gums. They may also provide guidance on oral hygiene.

- This is a good time to ask any questions you have about your child's oral health.



Step 4: Understand Teeth Cleaning Procedures

Professional cleanings involve removing plaque and tartar that brushing and flossing at home may miss.

- The dentist or hygienist will use special tools to clean each tooth.
- They will polish the teeth to remove surface stains.



Step 5: Dental Exams for Early Detection

Regular exams allow the dentist to monitor your child's dental development and identify potential issues early.

- This includes checking for cavities, gum disease, and developmental problems.
- Early detection often leads to simpler and less invasive treatments.



Step 6: Receive Oral Hygiene Guidance

The dental team will provide personalized advice on brushing, flossing, and diet to maintain your child's oral health.

- Learn the proper techniques for brushing and flossing your child's teeth.
- Discuss dietary habits that can impact dental health.



Step 7: Schedule Future Appointments

Follow the dentist's recommendation for the frequency of future check-ups and cleanings, typically every six months.

- Consistency is key to preventing dental problems.
- Regular visits help maintain a positive relationship with dental care.

Resources & Further Reading

Related guides for this process:

■ Kids' Dental Health Checklist

<https://storage.googleapis.com/pediatric-dentistry-checklists-20260707-a10c96/pediatric-dentistry/Checklist/kids-dental-health-checklist.pdf>

■ Your Child's Preventive Dental Care Action Sheet

<https://storage.googleapis.com/pediatric-dentistry-checklists-20260707-8878a5/pediatric-dentistry/Action%20Sheet/preventative-cleanings-exams-html-action-sheet.pdf>

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Regular dental visits are essential for maintaining your child's healthy smile.