

Pacific Smiles Dental Centres are located throughout Australian Capital Territory, New South Wales, Queensland and Victoria.

Most of our centres are open 6 days with some open Sundays, public holidays and evenings.

Visit our website for locations and more information

www.pacificsmilesdental.com.au



DENTAL CARE FOR KIDS



Pacific Smiles Dental is committed to caring for kid's smiles and their overall dental health. We know how important a great smile is for a child's confidence and we are passionate about educating children from an early age about the advantages of looking after their teeth and gums.

Hints and Tips For Healthy Teeth For Kids

1. Healthy Eating – Cavity causing foods are those with high sugar content. To reduce the risk of tooth decay it is important to reduce the total intake of sugary foods and the number of times sugars are eaten throughout the day.

2. Healthy Drinking – Kids should drink plenty of plain tap water and limit the consumption of soft drinks, sports drinks, cordials and fruit juices, which generally have a high sugar content.

3. Brush Twice a Day – It is important for kids to clean their teeth at least twice a day with a gentle but thorough brushing action using a soft brush with a small head and fluoride toothpaste. Correct regular brushing will reduce plaque build-up and tooth decay and help maintain healthy gums and teeth. Up to age eight, kids will need assistance to brush correctly, as most children lack the manual dexterity to brush correctly before eight years of age.

4. Floss Daily – Kids should floss between their teeth every day to remove food and plaque from the spaces where their toothbrush may not be able to reach and clean. Supervision and assistance from an adult is highly recommended to ensure that kids adopt a daily flossing routine.

5. Visit Your Dentist Regularly

– It is recommended that from age three, children visit the dentist every six months for a thorough check-up. Regular check-ups from an early age reinforce good dental care and assist in reducing the need for fillings in the future.



6. Wear a Mouth Guard For Sport – It is important to play safe in all sports by protecting kid's teeth with a custom-made, professionally fitted mouth guard. Mouth guards are available in a range of colours, even team colours, and should always be worn when training and playing sport to minimise the risk of dental injury.



Dental Education – Another Service from Pacific Smiles Dental

Pacific Smiles Dental runs a dental health education program for children to teach them the importance of oral hygiene and dental health. Our experienced educators visit local schools and present a fun and interactive program.

They teach kids how to brush their teeth and the importance of a healthy diet. The program is also a great way of introducing kids to the dentist in a group environment.

If you'd like Pacific Smiles Dental to visit your child's pre-school or Child Care Centre, please contact your local Pacific Smiles Dental Centre.

All procedures at Pacific Smiles Dental Centres are carried out using state-of-the-art equipment in modern, friendly facilities which offer the convenience of extended opening hours. Sterilisation and infection control practices at Pacific Smiles Dental are subject to the highest quality standards for the health and safety of patients, employees and practitioners.

For more information on how Pacific Smiles Dental can care for your kid's smile, visit www.pacificsmilesdental.com.au or contact your local Pacific Smiles Dental Centre.