

How to get your kids to brush their teeth (and more)

SOT

Emily Isom [EYE-som]
certified medical assistant in pediatrics at OSF HealthCare

"The mouth is the gateway to the body. A lot of people don't think about what our oral health can do to us if it's not being taken care of. It can cause heart disease, diabetes and respiratory infections." (:17)

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"Touching their gums will help when they are older. They'll be okay with brushing their teeth. They won't fight the parents about it. So, it's good to start [oral health care] early." (:13)

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"If we do not brush our tongue, bacteria can sit on it. It can get what I call 'tongue sick. Bad breath can also happen." (:21)

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"Make a dental chart. Add stickers to it, morning and night. Give them rewards like a little toy. After each cleaning, they can get a reward. Turn on music or a timer for two minutes [of brushing.] Get toothbrushes with their favorite characters on them." (:27)

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"[Fluoride] protects the enamel of the teeth. It protects your teeth from cavities. It just makes your enamel really strong so you can eat the things you want." (:14)