

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

Run time - :47

ANCHOR LEDE

World Oral Health Day on March 20th is a reminder to start healthy habits early with kids. That's because the consequences can impact the entire body. Tim Ditman of OSF HealthCare has more.

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Emily Isom is a certified medical assistant in pediatrics at OSF. She says infants with no teeth should have their gums washed twice per day. Older kids should floss and brush their teeth and tongue regularly. They should avoid excess sugary and starchy food.

\*\*\*SOT\*\*\*

Emily Isom [EYE-som]  
OSF HealthCare

**"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)**

I'm Tim Ditman.

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Mostly kids should see a dentist twice a year. Ask your dentist what services they offer, like oral cancer screenings.