

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

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.

TAKE VO

Emily Isom is a certified medical assistant in pediatrics at OSF HealthCare. 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

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)

VO TAG

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