

1. Target Keyword: How to care for your toddler's teeth

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Toddlers are often stubborn when it comes to the essentials of life; as any parent can attest, they are often reluctant to dress, eat, and sleep. Dental care is no exception, but the dental health habit toddlers develop sets the stage for healthy teeth and healthy habits throughout life. Knowing how to care for your toddler's teeth is quite important: although baby teeth fall out eventually, if they become seriously decayed they can cause serious complications, including damage to the adult teeth and systemic infection.

Toothpaste & Brush

Until the age of 2, you should use a non-fluoride toothpaste unless a dentist or physician recommends otherwise. Toddlers don't need much toothpaste, and using too much can be both messy and dangerous; an amount the size of a pea is plenty. When buying a brush, be sure to choose a child-sized brush with soft bristles. A [Periclean](#) toothbrush can be a good choice for a gentle but effective toddler toothbrush.

General Brushing

Toddlers' teeth should be brushed twice a day; it's helpful to brush them at the same time as you brush your own, so your child comes to see that brushing is also part of your daily routine.

How to care for your toddler's teeth: brush gently for about 2 minutes, in a circular motion that reaches the gums as well as the teeth. Brush the front, tops, and backs of the teeth. Be sure to be gentle as you brush - most people brush their own teeth too hard, and toddlers' teeth and gums are even more delicate.

Flossing

When teeth grow next to one another, plaque can accumulate, and daily flossing is necessary. Often, only the front teeth are close enough together to need flossing in toddlers. If you're uncertain, check with your dentist. Daily flossing should accompany twice-daily brushing for toddlers.

Diet

Sugary drinks are a big cause of cavities in people of all ages, including toddlers. Try to keep juice and other sugary drinks to a minimum, and encourage the consumption of plain water throughout the day, especially if the child had juice earlier in the day. Drinking plain water after a sugary drink or a meal can help rinse sugar and starch from the mouth.

First Dentist Visit

Babies should start seeing the dentist as soon they have a few teeth, before or around the 1st birthday. During this appointment, the dentist will assess your child's dental health and needs, including determining whether your child is at an elevated risk for cavities. He or she will recommend general tooth care, demonstrate techniques of how to care for your toddler's teeth, and get you on schedule to have regular check-ups.

2. Target Keyword: Why flossing is key to dental health

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Research shows that proper dental care should include regular flossing. In fact, flossing helps to keep your smile attractive and healthy. Oral health can also prevent other more serious diseases, including some that can become life threatening. Toothbrushes work by manually eradicating plaque from teeth with its textured bristles. Toothpaste increases the effect of brushing, especially the kinds that contains fluoride, which helps to decrease the quantity of bacteria in the mouth. However, toothbrushes have one disadvantage; they are not efficient enough to get between the teeth or beneath the gums. This is where flossing comes in.

The American Dental Association proposes that flossing prior to brushing your teeth helps make brushing more effectual. Flossing is excellent for removing plaque from hard to get to spaces between the teeth and beneath the gums. When less plaque is wedged between the teeth, the fluoride in toothpaste is more effective at reaching additional parts of your mouth. However, if you are not yet persuaded to add flossing to your daily oral cleaning routine, here are a few examples of why flossing is so important.

-Brushing and flossing are more effective than brushing alone
Even though brushing your teeth twice daily is effective with maintaining oral health, for the best possible cleaning, flossing is recommended.

-Flossing Protects Gums

The place where the gums and teeth come together is where flossing is most beneficial. Tiny bits of food can get stuck causing plaque in this area to harden and form tartar that only a dentist can eliminate with a scraper. Tarter accumulation can lead to red, swollen gums known as gingivitis, the first phase of gum disease.

-Flossing Saves You Money

Education about oral care encourages people to brush and floss daily. Specialized dental procedures and tools are cutting-edge and can fix even acute medical problems. However, if you ask any dentist, they will tell you the most cost effective tools to protect oral health are a toothbrush and a box of floss, which is much cheaper than a visit to the dentist!

-Flossing Helps to Prevent Additional Diseases

Gum and tooth disease can develop into more than discolored teeth, bad breath, or discomfort. According to the CDC, Center for Disease Control and Prevention, in-depth research has proven that bacteria that flourish in an unhealthy mouth can lead to respiratory illness, diabetes, and heart disease.

Summary

Poor health of the teeth, gums, and mouth can contribute to a host of serious illnesses. Flossing is a simple tool that can help with oral health and the overall health of the body. Flossing only requires a few minutes each day, but can contribute to a lifetime of health.

3. Target Keyword: Are we all brushing too hard?

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Most of us want clean, healthy teeth, right? Brushing our teeth twice daily is probably the best way we take care of our teeth, in addition to going to the dentist regularly for checkups. Other things that help include flossing, rinsing between meals, and minimizing how much we eat of sugar, junk food, and other "sticky" foods that can contribute to tooth decay.

Even so, there can be too much of a good thing. The question is, then, are we all brushing too hard? In a word, yes. Although we must be thorough when we brush our teeth, and we must do it frequently enough to keep teeth clean (twice a day is the most often recommended frequency), we can indeed brush our teeth too hard.

Tooth Sensitivity

What happens when you brush too hard?" Increased tooth sensitivity.

Consider the degree to which enamel erosion happens, especially as we get older. While brushing is necessary, over-brushing or brushing too hard can slowly wear away tooth enamel.

The result? [Increasingly sensitive teeth](#), teeth that hurt when exposed to hot or cold foods, for example. The fix to this is to use a soft or extra soft brush, hold the brush at a 45-degree angle, and limit your brushing time to two minutes. In addition, lighten the pressure you put on your toothbrush; many modern toothbrushes have heads that will flex backward if you apply too much pressure, thus giving good remedial help as to how much pressure you should apply.

If you do brush with a manual toothbrush and don't have a pressure-sensitive head on the toothbrush, one way to make sure you're not applying too much pressure is to hold the toothbrush gently in your fingers, not clenched in your fist, and use small circular motions when you brush – again with an extra soft or at least soft toothbrush.

Gum Erosion

Do your gums bleed when you brush your teeth? They could be bleeding because you have some kind of infection in your gums, also known as gingivitis; if that's the case, you should see your dentist. However, if your gums bleed when you brush your teeth and you don't have an infection, chances are you're brushing them too hard – and that can lead to gum erosion. Gum erosion is bad news, because your gums protect your teeth, especially at the roots; exposed roots mean tooth pain and extra sensitivity.

Remember, brushing right and with the right frequency (twice a day, gently, with a [soft-bristled toothbrush](#)) can help ensure that you have healthy teeth for decades to come.

4. Target Keyword: Understanding gum recession

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Good oral health is one of the keys to your overall well-being and self-confidence. When you maintain a thorough cleaning routine, you greatly reduce the risk for certain dental problems. All too often, the focus of dental hygiene is only on the teeth. However, gums play a crucial roll in the health of your mouth.

Developing a gum problem can lead to serious consequences. Receding gums is a serious issue in which gum tissue is lost and exposes the roots of the teeth. [Periclean](#) is an innovative dental product that is designed to help maintain a cleaner, healthier gum line among other benefits. In order to effectively understand how Periclean can help, you must first understand gum recession

and its adverse affects to your mouth.

[Gum recession](#), also known as gingival recession, is when the gums slowly deteriorate beginning at the gum line. Over time, you will loose more and more of the precious gum tissue that you need. Many things can cause this problem, from poor dental hygiene to aggressive brushing. Teeth grinding and sensitive gum tissue can also be the culprit. More often than not, gum recession can easily be corrected when the source of the problem is detected. However, it is up you to be aware of the signs and check with your dentist for a cleaning and a solution.

Symptoms of gum recession include;

- Bleeding gums whenever your brush your teeth or floss
- Swollen, red gums
- Halitosis
- Exposed teeth roots
- Increased space between teeth
- Longer looking teeth

Left untreated, gum recession can lead to periodontal disease, which is an infection of the gums that can lead to bone loss. Understanding gum recession can help you to prevent this problem from forming in your own mouth. This magnitude of symptoms will definitely affect you in your daily life. Before the problem gets out of control, take matters into your own hands.

Periclean is a specialty toothbrush that is gentle on the gums. Periclean is also bacteria resistant. The sleek design of a Periclean toothbrush allows it to get around your tooth line efficiently. It also lasts twice as long as a conventional toothbrush. The soft rubber bristles of a Periclean brush help clean along the gum line without causing damage or trauma to your already sensitive gums. The nylon bristles on a conventional toothbrush can strip your enamel and cause damage to gums.

If you want to correct the problems that have affected your gums, try a Periclean toothbrush to receive an optimal clean every time you brush your teeth. Understanding gum recession can help you fight back and regain the health of your mouth.