

# Yorke Peninsula Country Times



*HEALTH CHECK... Lakeside Dental Care, Yorketown, Ash Taylor gives Taysan Gates a checkover.*

## **Oral health for the whole family**

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GOOD habits start from an early age and taking care of your oral health is no different.

Lakeside Dental Care, Yorketown, oral health therapist Ash Taylor said it was important to empower parents and carers to lead the way.

“My job is incredibly rewarding, and there’s nothing I enjoy more than seeing children leave the clinic every day with a big, healthy smile on their face,” Ash said.

“Children’s greatest form of social support is stipulated by their parents and family; hence it is important to empower parents to take control of their children’s oral health by targeting risk factors of tooth decay and encouraging change, which will help protect their teeth for life.”

Ash said dietary habits, oral hygiene, fluoride and early dental visits help make the difference.

“We love to see your little ones as early as age 2,” Ash said.

“This is a great opportunity to introduce your child to the dental environment, create trust and co-operation and provide parents with advice and guidance tailored specifically to your child’s dental needs.

“Dental visits don’t have to be daunting, in fact we try to be as fun and interactive as possible.

“Is your child eligible for the Child Dental Benefit Schedule? We can check for you.

“This scheme is government funded and grants access to over \$1000 worth of dental treatment over two years to eligible children up to the age of 17.”

Ash said a well-balanced diet with fruits, vegetables, wholegrains and dairy will help limit the risk of tooth decay in children.

“Tooth brushing should also occur twice per day, with a soft bristled toothbrush and pea-size amount of fluoride toothpaste,”Ash said.

“Once your child turns 6, it is safe to switch to an adult fluoride toothpaste, ensuring the excess paste is not swallowed.

“Children should be supervised or assisted with brushing until at least 8 years of age.

“Fluoride has been well researched and is the cornerstone of tooth decay prevention.

“Fluoride can be found in our toothpastes, water systems (depending on location) or applied professionally by a dental professional.

“Regular exposure to fluoride will help to keep your teeth strong and healthy.

“Many of us separate oral health to our overall health, but these two no doubt go hand in hand, as untreated oral health disease can lead to immeasurable effects on quality of life.

“It is our passion and interest to help shape the future of oral health and promote healthy teeth for life!”

<https://www.ypct.com.au/free-to-read/oral-health-for-the-whole-family>