

South Coast Smiles Pediatric Dentistry of Dartmouth: “5 Tips To Keep your kids’ smiles shining bright!”

February is Children’s Dental Health Month! Here are 5 tips for keeping your kid’s smile shining bright, from Dr. Sean & South Coast Smiles in Dartmouth.

Let’s face it: Our little ones’ pearly whites are prone to tooth decay, one of the most common chronic but preventable childhood diseases in the U.S. Not to worry!

Aside from silly socks, giveaways, and a whole lot of comic book knowledge, SouthCoast pediatric dentist Dr. Sean Ghassem-Zadeh and the kid-friendly, experienced team of 20+ years at South Coast Smiles in Dartmouth has got your child’s back (and bite!).



South Coast Smiles photo.

As Best Pediatric Dental Clinic winner of the 2023 SouthCoast Community’s Choice Awards, and with 180+ 5-star reviews, you can trust South Coast Smiles as your local pediatric dentistry experts.

1. Start a Routine Early: Once those first baby teeth appear, brush them with an infant toothbrush and a tiny dab of toothpaste the size of a grain of rice, increasing to pea-size by age 3. Get the whole family involved in a brushing & flossing party. Maintaining good dental hygiene is easy when it's a daily vibe! We're also here to make brushing a positive experience with different techniques to try.

2. Promote Healthy Eating: Limit sugary snacks and drinks, and opt for a well-balanced diet with fruits, veggies, and calcium-rich foods. Encourage your little guppy to drink plenty of water, especially after eating. This helps rinse away food particles and neutralizes acids in the mouth, reducing cavity risk and staining.

3. Nurture New Habits: Thumb-sucking, pacifier, and nail-biting habits impact dental development and alignment. When your child succeeds in quitting, tell Dr. Sean or your hygienist for a special reward! For little athletes playing contact sports, make a habit of using a mouthguard to protect those chompers from injury!



South Coast Smiles photo.

4. Watch & Lead by Example: Kids aren't pros at brushing until

about 6 or 7 years old. Make sure they're hitting all tooth surfaces, and show them how it's done! Let your mini-me see their hero (you!) happily brushing, flossing, and visiting the dentist regularly.

5. Don't Skip Check-ups: Regular visits to a pediatric dentist are key for monitoring oral health and preventing or addressing any concerns early on. Many parents don't know it's time to call for an appointment with Dr. Sean if your child's first tooth appears by 6 months, or around their first birthday.

Book an appointment today! Call (508) 997-2400 or visit www.SouthCoastSmiles.com. Serving Dartmouth, New Bedford, Fall River, Fairhaven, and beyond, South Coast Smiles specializes in pediatric dentistry for infants, kids, and teens, and offers quality pediatric dental services like:

- Preventive care for long-term dental health, including regular cleanings, fluoride treatments, and dental sealants
 - Common dental procedures like fillings, crowns, and extractions
 - Special needs dentistry, including behavioral management for autistic children and those with down syndrome, sensory conditions, or anxiety
 - Dental emergency care
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pediatric dentistry