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20 March 2017

Which dental and nutritional habits can young children develop to better their health in the future?

 Health is among the many problems that humanity has had to deal with since the beginning of time. In many situations illnesses can catch someone by surprise, but through the evolution of science and medicine there have been discoveries that have shown that people can prevent a lot of these diseases by having good habits. Dental health in particular has been an area where healthy habits have proven to prevent a lot of diseases. Having sound nutritional habits has also yielded similar results. Starting out life with some of these habits often leads an individual into having an overall healthy lifestyle. Taking care of the teeth through brushing and flossing is a key component as well as having a diet that balances out the nutrients that your body needs. These routine behaviors lessen the risk of catching other diseases while the body is developing, and it also helps the body grow used to being under a healthy cycle.

 Very young children often have a lot of trouble maintaining good dental health if they don’t have good models to follow. The parents or guardians of the child should show them the proper brushing and flossing techniques and help them out if they need a little bit of assistance. The materials that they will require are quite simple; a toothbrush, floss/ flosser, and also mouthwash. A child will start out by having only 20 teeth, whereas an adult will have 32. In the first few years of childhood being able to place these habits on this child is essential to their dental health in the future because once they learn to take care of the teeth that they currently have, they can therefore carry on those healthy habits onto the new adult teeth.

Most adults should be aware that they should be brushing their teeth at least twice a day. However, most would be surprised to know that it is actually a lot better to brush after every meal to get any gunk out. Children should also be developing this habit, but using the twice-a-day rule is a good way to start out. It’s more difficult for a kid to brush their teeth correctly if their toothbrush is too big, so having an appropriate size is also important to know. As for the techniques that they should be using, the main goal would be to just make sure that all the surfaces of the tooth are cleaned. The best way to do this is to invert the toothbrush wherever it is needed, which can vary depending on the type of tooth. Children will have to worry about canines, incisors, and a few molars for now but later on they have to think about their real molar teeth. Besides the teeth they should also be brushing the tongue as a lot of bacteria can get stuck there and produce an unpleasant odor.

The other, equally significant, habit that children should know is how to floss correctly. Flossing makes sure that any remnants left over from eating, that weren’t already cleaned out by brushing, are gone. Parents can get either a pack of normal string floss or get a flosser, which is just a little stick that has a piece of floss so that it's easier to place into the mouth. The floss goes in between two teeth to where the gums meet the neck or narrowing part of the tooth. As a kid it’s important to do this so that the gums don’t contract gingivitis, which can make it a lot harder for someone to eat or even speak sometimes. Although not as important, mouthwash should also be used every now and then to wash out any remaining bacteria and also give the mouth a fresh scent.

 As for nutrition this plays an extremely huge role in an individual’s health, so starting out early with good routines is extremely important. Most of the body’s issues can arise from having bad nutrition, such as heart problems, muscle weakness, etc. What a person eats will also directly affect their dental health as the mouth is the first place where the food will go to. If someone isn’t putting in the correct nutrients some organs won’t function properly, same goes for putting in things that are unnecessary such as too much sugar which can produce diabetes. The best thing that child can do when it comes to their nutrition is to stay away from unnecessary fats and rely more on vegetables and fruits. These provide nutrients that can strengthen several different organs like the eyes. It would also be great to eat foods that contain calcium, such as milk, because these will help the kid’s muscles and bones to grow and develop better. Another thing to avoid would be sugary drinks and low calorie products that have almost no good effects on the body.

 Parents can also help the child have a better nutrition by providing them with good models to follow. The entire family can work together to eat healthier and make it more difficult to find foods in the home which might not be healthy. This will influence the child positively and in turn help out the adults as well.

 Developing healthy habits in both dental and nutritional fields is essential for a growing child to have a healthier life in the future. If they start out with all the correct routines the body will grow used to that behavior and act accordingly.

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