

## **Who wants fillings?!**

### **When should children start seeing the hygienist?**

Children benefit from a visit to our hygienist by:

- learning the correct brushing and cleaning techniques
- developing, understanding and appreciation of the importance of good oral hygiene
- establishing sensible habits for a lifetime
- having their teeth cleaned and then polished with a high fluoride polishing paste
- preventing costly or uncomfortable dental repairs now and in adulthood
- learning flossing habits in a staged plan
- hearing important dietary advice from someone other than mum and dad
- having the invaluable message repeated and reinforced
- never developing fear of 'the dentist'
- having the confidence of fresh breath all their life

**It's easier to stay well than to get well!**