

# Guide to Pediatric Dental & Orthodontic Milestones

## From 6 to 12 years old



  
**Quest** | PEDIATRIC DENTISTRY  
& ORTHODONTICS

*Hey there!*

Dr. Miller here! Thank you for taking the time to learn about the best practices for your child's oral hygiene.

This valuable resource provides a great starting point to get your child on the path to a healthy smile for life.

In addition to the information in here, we recommend that your child see a dentist every 6 months for a professional cleaning and checkup to ensure their dental health is in its best shape.

For over 20 years, families just like yours have counted on Quest to provide the best possible pediatric dental and orthodontic care, and we'd love to welcome you into our Quest Family of Smiles, too!

*Sincerely,  
Dr. Miller*



*Hello!*

I'm Dr. Lindsey, your Quest Orthodontist!

Thanks for joining us in learning how to support your child's healthy smile as they grow.

The preteen and teen years are an important time in the development of a child's teeth because it also affects their confidence.

Orthodontic care plays a big role in helping kids feel capable to take on new milestones with a smile they want to share.

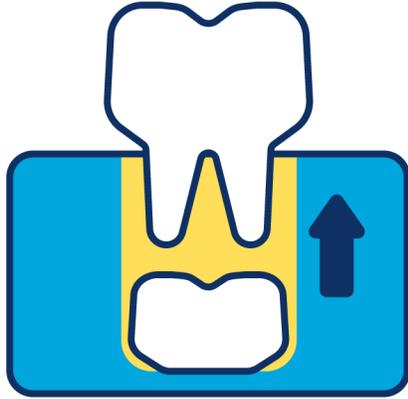
We're proud to guide families through this phase with expert care that ensures a smooth process.

If you ever have questions about your child's development or Quest's orthodontic options, we're always here to help.

*Thank you,  
Dr. Lindsey*



# Growing Smiles through Grade School



## Did You Know...

There's a **second wave** of tooth eruption!

That's right! Around age 6, children begin a big period of dental development.

## What you can expect:

- 🦷 First permanent molars erupt behind the baby molars
- 🦷 Baby teeth fall out in the same order they arrived
- 🦷 Permanent teeth often look yellower next to bright white baby teeth (which is normal!)



# Scanning Smiles with Panoramic X-Rays



X-Rays help Dentists see:

- 🦷 Missing or extra teeth
- 🦷 Early signs of impaction
- 🦷 Problems with eruption or positioning



## Tooth Tip!

Catching these issues early can prevent much bigger problems later on.

## Nervous about X-rays for your child?



### Did You Know...

The radiation from a single digital x-ray is about the same as eating a banana?



Your child's oral health is our top priority, and we hope that this eliminates any concerns centered around dental X-rays!

# Brushing & Flossing for Bigger Kids

Kids are usually independently brushing and flossing by age 6 ... but they may still need some help with their technique.

Want to help them? Here's how:

- 🦷 Spot check their brushing regularly
- 🦷 Teach proper technique and thoroughness
- 🦷 Make it a part of the essential routine, not a chore



Set a **good example** by taking care of your teeth, too!

## **Tooth Tip!**

Your child may need occasional supervision while brushing until around age 8 or 9.



# The Optimal Time for Orthodontic Exams



## Did You Know...

The American Association of Orthodontists (AAO) recommends that children have their first orthodontic examination **no later than age 7?**

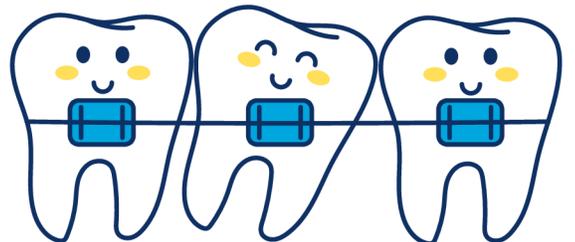
An initial visit at age 7 does not necessarily mean a child will get braces.



## What happens at this exam:

- 🦷 Evaluate Jaw Growth
- 🦷 Monitor Tooth Eruption
- 🦷 Prevent Future Complications
- 🦷 Intervene Early (if needed)

Braces aren't just for kids! Quest provides orthodontic services for adults, too!



# Sealants: Your Child's Shield Against Cavities

Once your child's permanent molars finally erupt, it's time to **add a layer of protection.**



## What is a sealant?

Thin coatings that cover the deep grooves in molars where plaque notoriously loves to hide.

Sealants help **prevent cavities** in hard-to-clean areas.

We'll check them at **every visit** and touch them up if needed!



## Important!

Sealants can chip or wear down, so skip the ice and hard candy when possible.

# Protecting Those Permanent Teeth

Your child now has the teeth they'll have for the rest of their life, so **protecting them** is incredibly important.



If your child plays **contact sports**, a mouthguard is a must. We recommend the “**pacifier-style**” guards.

## Tooth Tip!

Custom-fit **mouthguards** offer the best protection with better comfort ... which means they're more likely to use them!



We're happy to help you and your child find the right mouthguard.

# Dental Accidents: What To Do

Accidents happen, but if a **permanent tooth** is damaged, this is your guide for action:

## Tooth **knocked out**?

Place it in a small container of milk.

**Do not** try to reinsert it

## Tooth displaced but still in the mouth?

Leave it in place and **don't** try to move it

## Tooth **broken**?

Save the broken piece in a clean container

Call Quest's emergency line **ASAP**

The faster we treat, the **better** the outcome

## **Important!**

If your child has **facial trauma** or **loses consciousness, go to the ER first!**



We'll handle the dental portion of their injury after they've been cleared.

# What About Toothaches?

Toothaches are not fun for anyone, so if your child has one, here's what you can do:

- 🦷 Clean the area around the sore tooth thoroughly
- 🦷 Rinse the mouth with warm salt water
- 🦷 Use dental floss to dislodge impacted food/debris
- 🦷 Do not place aspirin on the gum or on the aching tooth

Whether you call during our normal business hours or not, know that you can call Quest and have your child treated promptly.

## Important!

If the face is swollen or the pain still persists, contact our office **as soon as possible**.



If calling after hours, please listen to our message and follow the instructions.

# Thank you for reading!

Staying on track with healthy teeth means regular checkups.

Schedule your child's appointment with Quest and let's make their next dental milestone a happy one!

**Call or text  
337-984-4747  
or visit [questdds.com](http://questdds.com)  
to book today!**



**Quest**

**PEDIATRIC DENTISTRY  
& ORTHODONTICS**