Parent Power Tips from the SuperKids Nutrition Founder

Keep your child’s smile bright with good nutrition. Too much sugar or simple carbs (think potato chips) can create a bacteria thriving environment in your kiddo’s mouth. Check out these helpful tips to improve your child’s oral health.

Reduce the Time of Contact
• The longer foods or beverages stay in contact with your child’s teeth, the more time bacteria have to grow. Get your children in the habit of brushing their teeth for 3 minutes each morning and night. Floss together occasionally to check on their flossing skills. It will remove the residue from the surface of their teeth and keep that smile pearly white! Practice these dental tips.

Limit the source
• Limit juice drinking to 4-6 oz per day. Drink milk or juice with meals. Sugar can come in a variety of forms. Limit the sugar-sweetened foods. Check out the link for more ways to cut down sugar-sweetened foods.

Caring for teeth
• In addition to eating for healthy teeth and gums, how we clean them essential. Start caring for teeth as early as possible. Don’t wait until the growth of permanent teeth. It may be too late to maintain a healthy oral environment then. Get regular dental visits.

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