

# Leading UES Pediatric Dentist Offers Advice on How to Get Children into the Habit of Flossing

*New York pediatric dentist, Dr. Barry L. Jacobson, says that it is important to teach children how to take care of their own teeth.*

NEW YORK, NY, UNITED STATES, June 21, 2014 /EINPresswire.com/ -- Anyone with children knows just how difficult it is to teach healthy tooth-brushing habits," says Dr. Barry L. Jacobson, DMD, FAAPD, ([www.949pediatricdentistry.com](http://www.949pediatricdentistry.com)), a [New York pediatric dentist](#) and world-

renowned pediatric dental expert who sees young patients at his Park Avenue office in Manhattan. "Whether it is

teaching kids to how to properly hold a toothbrush, how much toothpaste to use, and how to properly brush all of their teeth, the process can be daunting and frustrating for both parent and child."

The hard work will eventually pay off, according to Dr. [Barry Jacobson](#), and once the child has

mastered the technique of brushing his or her teeth, the next step in the process is to teach them how to floss properly. Flossing is important, he says, because it helps to polish the teeth, fight the development of plaque, and prevent bad breath.

“

Teaching children how to properly care for their mouth sets the foundation for a lifetime of healthy teeth”

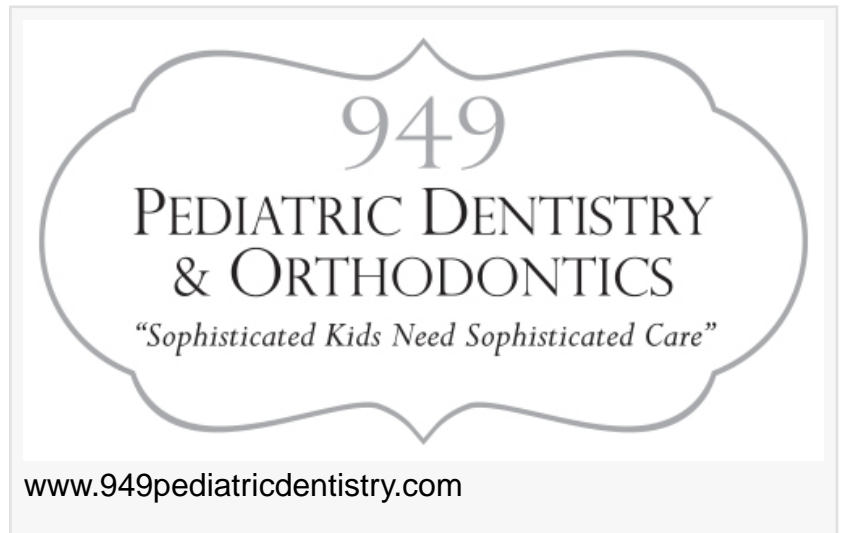
*Dr. Barry L. Jacobson DMD,  
FAAPD*

“While it is never too late to start flossing,” Dr. Barry Jacobson explains, “the earlier a child gets into the habit, the better.”

Dr. Barry Jacobson offers the following five tips to help get

kids into the habit and to make flossing more fun:

1. Create a flossing chart. Hang a flossing chart in the bathroom as a reminder to your kids to floss at least once a day. Children can use stickers to count how many days they floss and parents can offer non-monetary incentives as a weekly goal that will make the children want to get into this important routine.
2. Make it fun. Couple a child's flossing time with a storytelling event, dance party or a math lesson. Every child is different, so choose something that you know your kid will appreciate and, in no time, he or she will begin to look forward to flossing.
3. Make sure they have their own floss. Your kids have their own toothbrush, right? Chances are, they picked it out and it is something that they love. Treat their dental floss the same way. There are many kid-friendly floss sticks available in a wide variety of colors, featuring a plethora of characters.



Let your child feel as if he or she is in control but letting them pick out their favorite.

4. Offer lots of positive reinforcement. Developing healthy habits can take time, but you can speed up the process through positive reinforcement. When you combine a plan for flossing each day with the repetition of flossing, it will naturally instill flossing as a good habit. When a parent follows up with gentle reminders, as well as praise for a job well done, they will remain excited about taking care of their teeth.

5. Lead by Example. The best way to teach your kids any healthy habit is to lead by example. The same goes for taking care of your mouth. By brushing and flossing your teeth at the same time as your kids do, you will reinforce these good habits.

“Teaching children how to properly care for their mouth sets the foundation for a lifetime of healthy teeth,” says Dr. Barry Jacobson. “So, no matter how time consuming or frustrating getting them into brushing and flossing habits maybe, it will always be worth it in the end.”

For 17 years, Dr. Barry L. Jacobson DMD, FAAPD, has been a leader in pediatric dental care and [baby bottle tooth decay](#) treatment. His practice, located at 949 Park Avenue, New York, NY, offers laser dentistry for children, cosmetic dentistry for children, preoperative dental care for children, soft tissue procedures, 3D CAD-CAM crown fabrication, porcelain fillings, and treatment of fearful children, with behavior management experts on hand. Call 212-997-6453 (212-99-SMILE) for more information or visit Dr. Jacobson’s website at [www.949pediatricdentistry.com](http://www.949pediatricdentistry.com)

Lue Guarrasi  
dzine it inc  
212-989-0813  
email us here

---

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2017 IPD Group, Inc. All Right Reserved.