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EMPOWERING SMILES

BUILDING HEALTHY DENTAL HABITS TOGETHER

Presented by **Dr. Jasmine Faldu & Dr. Tarek Kassem**



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Board Certified Pediatric
Dentist



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Board Certified
Orthodontist



BRUSH SMARTLY

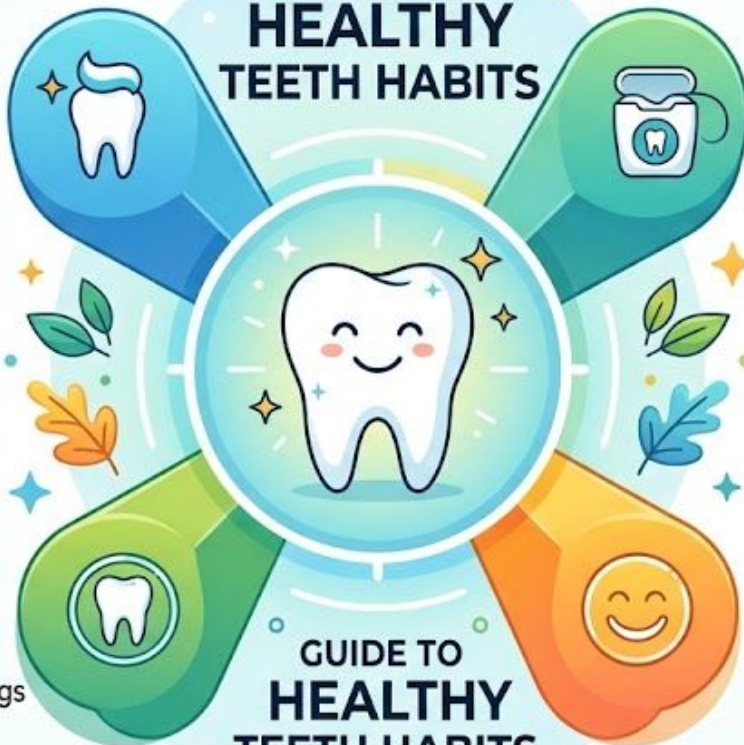
- Brush twice a day
- 2 Minutes minimum
- Circular motion
- Use fluoride toothpaste



VISIT DENTIST

- Regular check-ups & cleanings
- Detect issues early
- Professional advice

GUIDE TO HEALTHY TEETH HABITS



GUIDE TO HEALTHY TEETH HABITS



FLOSS DAILY

- Clean between teeth
- Removes hidden plaque
- Helps prevent cavities & gum disease



EAT HEALTHY

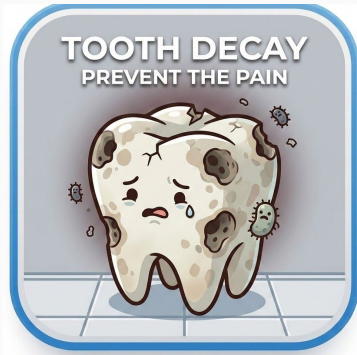
- Limit sugary snacks & drinks
- Choose fruits & vegetables
- Dairy for strong teeth (Calcium)

Why is brushing important?



Brush twice a day!

Brushing 2x/day for 2 minutes helps to remove the plaque/bacteria that causes cavities



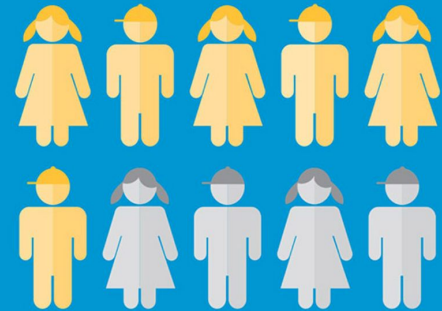
Fluoride = Vitamins for the teeth

Fluoride in toothpaste helps to protect teeth from cavities

BY AGE 5,

ABOUT **60%**

of children will be affected by tooth decay.³



Brushing & Flossing

Brushing 2x/day for 2 minutes

Flossing 1x/day



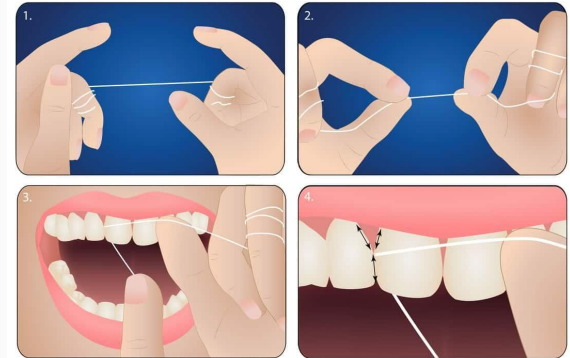
Children less than 3: “smear” or “rice-size”



Children older than 3: “pea-size”



3-sided
toothbrush



How to brush your kids teeth

Technique

Brush in circles, touching gums and teeth at the same time.



Positioning

Try lying the child on a bed or flat surface to maintain control and comfort.



LET'S PRACTICE!



GUIDE TO DAILY ORAL HYGIENE: HEALTHY TEETH & GUMS

FRESH
BREATH

1. BRUSH TWICE A DAY



In the Morning
(after breakfast)



In the Evening
(before bed)



2. FLOSS DAILY



- Once a day
(often before bed)
- Removes hidden
plaque & food
- Prevents gum disease

3. BRUSH FOR 2 MINUTES



- At least 2 minutes
each time
- Set a timer or play music
- Ensures a thorough clean

STRONG
ENAMEL

FRESH
BREATH

4. BRUSH ALL SURFACES & TONGUE



- Outer surfaces,
inner surfaces,
and chewing surfaces
- Remember to gently brush
your tongue
- Freshens breath

Tips to make brushing fun

Brushing Tips

1. Start a routine and stick with it
2. Make it fun with pictures, music, singing
3. Let little ones show off their brushing skills first (then you can help finish the job)
4. Practice makes perfect



A Trip to the Dentist | Sesame Street
Season 52 Full Episode
Sesame Street · 1.7M views · 2 months ago



YouTube Videos

A trip to the dentist



Spotify Podcast

CHOMPERS Podcast

More tips

Role Play

Practice makes perfect!

Tell Show Do

Act out the dental visit or brushing routine with stuffed animals or dolls.

Take turns being the dentist and the patient to build comfort and familiarity.

Gamify Brushing

Turn tooth brushing into an exciting, interactive game with positive reinforcement.

Reward successful sessions with a colorful sticker, a progress chart, or their absolute favorite reward.

Modify the Grip

Make the toothbrush comfortable and easy to hold using creative household modifications:



Sensory Tools



ARK's Z-Vibe® is a vibratory oral motor tool that can help build oral tone and improve speech, feeding, and sensory skills.

- Provides a varied sensory experience
- Provides targeted tactile cues within the oral cavity
- Stimulates to increase oral focus (lips, tongue, cheeks, and jaw)
- Calming, soothing, and organizing vibration



**recommended by occupational therapist*

Nutrition: let's talk food!

KIDS' HEALTHY EATING GUIDE

A Nutritious Diet for Growing Bodies & Minds

VEGETABLES

Aim for colorful variety



FRUITS

Choose whole fruits over juice



HEALTHY FATS

Essential for energy & brain health

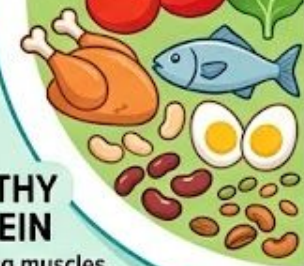


LIMIT SUGARY DRINKS & SNACKS



HEALTHY PROTEIN

Build strong muscles and growth.



WHOLE GRAINS

Choose whole grains, not refined



DAIRY

For strong bones and teeth
(Milk, Yogurt, Cheese)



HYDRATE WITH WATER

Water is the best drink.



1



TRY NEW FOODS

EXPLORE A VARIETY OF FLAVORS

2

PORTION SIZES



AGES 2-4



AGES 5-8



AGES 9-12

3



COOK TOGETHER

4



LISTEN TO HUNGER

Recognize fullness

AMERICAN ACADEMY OF PEDIATRICS

DAILY JUICE RECOMMENDATIONS



Fruit juice offers no nutritional benefits over whole fruits. Whole fruits also provide fiber and other nutrients.

Age:	Recommendation:
Younger than 12 months	Do not routinely give fruit juice to infants younger than 12 months since it offers no nutrition benefit at this age.*
1 to 3 years	Limit fruit juice to a maximum of 4 ounces per day ($\frac{1}{2}$ cup). Do not allow your child to carry a cup or box of juice throughout the day.
4 to 6 years	Limit fruit juice to a maximum of 4 to 6 ounces per day ($\frac{1}{2}$ cup to $\frac{3}{4}$ cup). Do not allow your child to carry a cup or box of juice throughout the day.
7 to 18 years	Limit juice to 8 ounces per day (1 cup).

HAPPY TOOTH,
SAD TOOTH
ACTIVITY TIME!

Visiting the dentist



What to Expect

- **Exam:** Counting teeth & singing
- **Radiographs:** Taking dental pictures
- **Cleaning:** Professional clean & fluoride varnish
- **Other Care:** Restorations (cavities) & emergency support
- **Education:** Oral hygiene coaching
- **Stickers & Toys!** Reward for a great visit :)

Comfort & Pediatric Techniques



The Knee-to-Knee Exam

A specialized positioning method that allows the dentist to examine infants and toddlers efficiently while the child remains secured and comforted in their parent's lap.

Dental Concerns & Medical Conditions

Dental Concerns

- **Delayed eruption of teeth**
- **Jaw & bite issues**
- **Small & missing teeth**
- **Large tongue**
(macroglossia)
- **Periodontal disease**
bone loss → loss of teeth

Medical Conditions

- **Atlantoaxial instability**
- **Congenital Heart Defects**

**Requires SBE prophylaxis
/ antibiotics before
invasive dental treatment**



TRY ON A MASK AND
GLOVES JUST LIKE THE
DENTIST!

Summary

Brush 2x/Day

Morning & Night: Work together & supervise!

Make it Fun: Keep it positive and try your best!

Floss 1x/Day

Parental Help: Children need hands-on assistance to floss properly.

Routine: Establish a daily flossing habit.

Limit Sugars

Moderation: Limit juice, sweets, and candy in diet.

Healthy Snacks: Cheese, veggies, and peanut butter.

Water: Drink plenty of water throughout the day.

Dental Home

Early Start: Establish a dental home by age 1 or first tooth, and see an orthodontist at age 7

Prevention: Don't wait for pain to schedule visits.

Comfort: Helps ease anxiety and desensitize.

Finding a Pediatric Dentist near you:

Website to find a dentist near you:

<https://www.aapd.org/publications/find-a-pd/>

Find a Pediatric Dentist

Zip Code

Mile Radius



Advanced Options ▾

Search

[Clear Filters](#)

Finding a Pediatric Dentist near you:

Dr. Tarek Kassem



Just Kids Pediatric Dentistry

Fremont (Downtown), CA
Fremont (Mission Hills), CA
San Leandro, CA
Tracy, CA

Dr. Joshua Solomon



Pediatric Dentistry & Orthodontics
Livermore, CA

Dr. Hazel Soliman



Iron Horse Pediatric Dentistry
Danville, CA

When to see an orthodontist?

All kids should have an
orthodontic screening
done by an orthodontist
no later age 7.

AGE 7

NO DENTIST
REFERRAL NEEDED
FIRST ORTHODONTIC
SCREENING



American Association of Orthodontists
401 North Lindbergh Boulevard
St. Louis, MO 63141-7016
314.953.3700 | info@aaortho.org

aaoinfo.org

Dr. Thomas Marcel & Dr. Jasmine Faldu



Livermore • Pleasanton • Tracy
marcelorthodontics.com

Multi-Disciplinary Pediatric Therapy Services



Speech Therapy

Our licensed speech-language pathologists support children in building communication, language, and social interaction skills.



Occupational Therapy

Empowering children to participate fully in school, home, and social settings through motor skill development and sensory integration.



Physical Therapy

Helping children and young adults improve mobility, coordination, and independence through structured physical rehabilitation.



Holistic Therapy Integration

Combining evidence-based methods with Ayurveda-inspired practices to enhance therapy progress and overall wellness.



Social Pragmatic Therapy

Supporting children in developing the social communication skills they need to build relationships and navigate everyday life.



Infant Development / Specialized Instruction Services

Providing foundational support during the critical early years of development, ensuring children get the right help at the right time.



Teamwork Therapies
Building better lives together

Drashti Brahmhatt

Senior Occupational Therapist

Locations:

Stockton, CA

Tracy, CA

Pleasanton, CA

How can I be successful with the dental visit?

JUST SHOWING UP!



Thank you for your attention!

Q&A