

# TOP 5 EXCUSES

PARENTS USE TO AVOID THEIR KEIKI'S DENTIST VISITS.

When it comes to caring for your child's smile, avoiding the dentist can put your child at risk for long-term issues.



## 1 "I don't have time."

Did you know the average dentist visit takes 30 to 45 minutes? That is for a routine exam and cleaning. It's a small sacrifice to make to prevent your child from developing cavities, gingivitis and other issues.

## 2 "My child already brushes twice a day."

The formula for a healthy smile is brushing twice a day, flossing daily, and seeing your dentist twice a year. Your child's dentist can identify issues that can hinder development.

## 3 "The dentist is scary."

New technology has improved dentistry and pediatric dentists have updated equipment that minimizes discomfort and relieves anxiety during your child's visit. Ask if your dentist can play a favorite show during your child's visit.

## 4 "My child is too young."

The American Dental Association recommends parents take their child to the dentist by age one, or by the time their first tooth erupts. Dentists will screen your child's mouth for issues and assess if your child's development is on track. Dentists will also share helpful tips on how to keep baby's teeth cavity free and set them up for a healthy transition to permanent teeth as they get older.

## 5 "Nothing's wrong."

Choosing not to take your child to the dentist at least twice a year can lead to long-term impacts to his or her smile and overall health. A dentist ensures your child is not at risk for disease or infections. Schedule a visit today!

### Seal Away Decay with Sealants!

Did you know you can protect your child's smile from cavities with sealants? Sealants are a thin, protective coating applied to the back teeth to prevent decay. They cover the enamel and seal the top surface of the molar. Sealants are shown to reduce decay in molars by almost 80%. If your child or dependent is near the age of six, now is the time to ask their dentist about sealants. Sealants and routine exams are 100% covered under your EUTF plan with HDS.

### Questions? Contact Us.

From Oahu: (808) 529-9310 or toll-free at 1-866-702-3883  
 Monday through Friday, 7:30 AM to 6 PM

Access your account online at [HawaiiDentalService.com/EUTF](http://HawaiiDentalService.com/EUTF).

