



# Million-Dollar Smile

Instilling healthy oral hygiene habits for kids of every age is harder than you think. To mark Oral Health Month, we surveyed the most vital information.

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MICHELLE GRITTER'S THIRD VISIT to the dentist with her daughter Avery, then four, was a horrible experience for the mom of three. Gritter was no stranger to cavities – her son had needed some fillings at age seven or eight. But she was still floored when the hygienist stormed into the full waiting room and demanded to know what she'd been doing – or not doing – to her youngest daughter's teeth.

"The hygienist told me it was one of

the worst mouths she'd seen, and that Avery might have to have oral surgery," Gritter recalls. "I got red in the face and I started to cry. I felt terrible. Like any parent, I want to do a good job."

The dentist filled Avery's cavities and sealed her molars, and, after sitting through an oral health lesson, Gritter redoubled her efforts to brush all of her kids' teeth more thoroughly.

"It's not like I was a moron," says Gritter, still irked by the ordeal two ►