

# CHILDREN'S ORAL HEALTH

## 0-1 YEAR

- Gently wipe your baby's gums with a damp cloth after every feeding
- Check your child's teeth and gums daily for any early signs of tooth decay or mouth sores
- Infants cannot fight off the germs adults carry in their mouth – DO NOT share utensils, straws, toothbrushes or anything with your baby that has been in someone else's mouth
- Under age 2 use a smear of toothpaste
- Only put water or milk in your child's bottle
- Only put water in your baby's bottle at bed time, anything else can lead to tooth decay
- Schedule an appointment with a dentist when you see the first tooth, or by their first birthday, whichever comes first
- Finding a dental home for your child at an early age is very important to the future of your child's oral health

## 1-5 YEARS

- Limit drinks that contain sugar
- Parents should be brushing their child's teeth until they are six years of age
- Share the experience and brush your own teeth with your child
- It is important to choose healthy snacks
- Under 2 years of age use a smear amount of toothpaste, 2 years and older use a pea size. Non-fluoride toothpaste and baby gels do not prevent cavities
- Always supervise your child while they are brushing their teeth, they are still developing their motor skills

## 6-12 YEARS

- DO NOT skip preventive dental visits (these should be scheduled at least every six months)
- Introduce a fluoride rinse to their daily routine, this will help prevent cavities
- Avoid sticky foods and drinks that contain sugar or colors that can stain teeth
- Ask your dentist about sealants
- Replace your child's toothbrush every three months or after an illness
- Your child can begin using adult toothpaste
- Encourage your child to floss daily



## ORAL ROUTINE

- Brush your teeth at least two times a day
- It takes two minutes to properly brush your teeth
- Choose a fluoride toothpaste and mouthwash
- Floss between all teeth at least once a day
- Visit the dentist every six months for a cleaning and routine exam