

Beyond the Brush: Oral Care for Kids



From Birth

Make sure baby has a nutritious diet to ensure good tooth development & prevent cavities



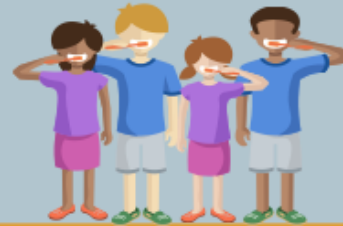
Through Infancy

Rub baby's gums clean daily with a wet piece of soft gauze or damp washcloth within a few days of birth



From Baby's First Tooth

The first tooth means it's time for the first baby's first annual dental visit- teeth usually poke through between 6 and 12 mos.



Through Age 2

To prevent teeth from tipping forward or growing in crooked, wean pacifier use no later than 2 years old



Toddler Years

Brush your kiddo's teeth with a child-sized brush & smear of fluoride toothpaste



Early Childhood (3+)

Under parent supervision, have children brush with a pea-sized dollop of fluoride toothpaste 2x a day and visit a dentist 2x a year



Throughout Childhood

Avoid sharing utensils- forks & spoons, cups, and straws- with your children to prevent the spread of bacteria that cause cavities

Adolescence (6+)

As soon as permanent molars come in, children can have sealants applied to prevent tooth decay- sealants can be reapplied every 10 years

Teens & Beyond

Unless your dentist recommends otherwise, continue taking teens to twice a year checkups for a lifetime of good dental habits & savings

