

NATIONAL CHILDREN'S DENTAL HEALTH MONTH

Take care of your oral health to protect your mouth and body.



Infants

It is a good idea to get in the habit of cleaning your baby's gums soon after birth. Cleaning the gums after feeding will remove bacteria and sugar from the mouth and make your baby get used to that process.

During your baby's first year, there are a few conditions to be aware of, including:



-  **Teething**
-  **Baby Bottle Tooth Decay**
-  **Pacifier Use**
-  **Thumb sucking**



TODDLERS


Teething is a part of babyhood. While teeth are still coming in for many toddlers, this causes them to have tender gums and can make them irritable.

To calm down your child, you can use:

-  Cool, refrigerated teething rings
-  Pain relief gels and medications (ask your dentist).

Try to make tooth-brushing fun to ensure your child develops it as a lifelong habit.

During the toddler years, you'll want to keep an eye on issues such as:



-  **Tooth Brushing**
-  **Toddler Cavities**
-  **Nutrition**



Kids

As kids grow up, their oral hygiene habits should grow with them. Once the permanent teeth start to come in, cleaning them needs to become a priority as these teeth will last your child a lifetime.

Why should you keep your child's baby teeth clean?

-  They help your child bite and chew food, and speak clearly.
-  They save space for permanent teeth and help them grow into place.

Research shows that children who develop cavities in their baby teeth are more likely to develop cavities as adults, so plan on routine dental checkups.

During the kid years, you might have questions about:

-  **Brushing & Flossing**
-  **Losing Teeth**
-  **Tooth Fairy**



It starts with prevention

FLUORIDE

Fluoride is a natural element that combines with enamel on teeth and makes them stronger and healthier. It helps protect teeth and fights tooth decay.

Common Sources of Fluoride:

- Fluoride Toothpaste
- Fluoridated tap water
- Fluoride supplements, like drops.
- Some foods and beverages, like infant formula or cereal.

The Right Amount of Fluoride

- If your child is younger than 3 years, use a rice-sized amount of fluoride toothpaste.
- For children ages 3 to 6 years, use a pea-sized amount



DENTAL SEALANTS PREVENT CAVITIES

Dental sealants are thin coatings applied to the child's permanent back teeth (molars), where most chewing is done, to prevent cavities formation.

Make sure that kids know that sealants aren't a replacement for good brushing and regular flossing.



MOUTHWASH

An oral hygiene routine that includes gentle mouthwash can help to keep teeth and gums healthy.

Don't start too early

Children younger than 6 years old shouldn't use mouthwashes that contain fluoride because of the increased risk of swallowing it. Large amounts of fluoride can lead to enamel discoloration (fluorosis).

Choose alcohol-free mouthwash

Kids shouldn't use alcohol mouthwash because, like fluoride, swallowing small amounts of alcohol is counterproductive to a growing body.



Take care of your children's oral health to protect their mouth and body.

While most babies don't start getting teeth until they are 6 months old, infant dental care is important from the very beginning. Many dentists recommend an initial visit before the child's first birthday to make sure teeth and gums are cared for and cleaned properly.

Flossing

- Flossing is an important part of good dental health. Start flossing your child's teeth as soon as teeth touch each other.
- Talk with your dentist about the right timing and technique to floss your child's teeth.

When to start brushing?

Use a soft cloth to clean your baby's gums. Start a few days after birth, and do this until the first teeth come in. Clean your baby's first teeth with a soft-bristled baby toothbrush twice a day.

PREVENTIONS



healthy diet



correct toothbrush



proper toothpaste



clean your tongue



use dental floss



no smoking

CHILDREN'S ORAL HEALTH For Babies

- Before the baby has teeth, clean gums:
 - After breast or bottle-feeding
 - After giving medicine
 - Before bedtime
- Start a few days after birth and use a soft, infant-sized toothbrush or clean, damp cloth.
- When teeth come in, start brushing twice a day with a soft, small-bristled toothbrush and plain water.
- Visit the dentist by your baby's first birthday to spot signs of problems early.
- Talk to your dentist or doctor about putting fluoride varnish on your child's teeth as soon as the first tooth appears

For Children

Brush their teeth twice a day with fluoride toothpaste.

Drink tap water that contains fluoride.

Ask your child's dentist to apply dental sealants when appropriate.