Healthy teeth and gums are important for overall wellness. From baby teeth to adult teeth, you can help your children have healthy smiles for life.
A Good Beginning for Babies

• Clean your baby’s mouth after every feeding.
• Wipe the gums and new teeth with a damp wash cloth.
• If you put your baby to bed with a bottle, only fill it with water.
• Offer juice and milk at meals and water between meals.
• Dental visits should begin at age one. Ask your doctor if your baby needs extra fluoride.

Dental Care for the Young Child

• Brush your child’s teeth twice a day and at bedtime. Teach your child how to spit out extra toothpaste.
• By age 3 or 4, children can brush their teeth with fluoride toothpaste. Until about age 8 or 9, your child will need help with brushing.
• By age 7, children will have new adult teeth in the back of the mouth. These teeth have deep grooves that can hide food and germs, causing tooth decay. Have dental sealants painted on to protect against cavities.
• Ask your dentist if your child is getting enough fluoride to prevent tooth decay.

Older Children Need to Sport a Winning Smile!

• Children playing sports need to wear a mouth guard to protect teeth and lips.
• Using tobacco chew or dip can be harmful to health.
• As more adult teeth grow in, teach your child to use dental floss between all teeth.
• Watch for gums that bleed easily, which is an early warning sign of gum disease.

Remember healthy mouths support healthy bodies.