

MEET YOUR MOUTH

IT'S PART OF YOUR BODY



Your Mouth and Kids

Start using a child-size toothbrush between the ages of 1-2 and get a new toothbrush every 3-4 months when bristles look worn.

If you use toothpaste, do not use one containing fluoride unless instructed by your dentist. Around 18 months of age, start using a low-fluoride toothpaste.

Teach your child to brush their tongue to reduce bacteria, Brush twice a day and floss once

Take your child to the dentist after their 1st birthday. This can help your child become more comfortable with visiting the dentist. Dentists recommend supervising teeth brushing until your child is about 8 years old.

Sealants prevent the most cavities when applied soon after permanent molars come into the mouth (around age 6 for 1st molars and age 12 for 2nd molars).

Excessive thumb sucking or pacifier use can affect your child's bite and oral development

After 6 years, start using a fluoride mouthwash to prevent tooth decay, this is when your child will start to lose their baby teeth.

Be sure to get dental X-rays around when your child loses their baby teeth. Encourage them to wiggle it but refrain from pulling at the tooth. This can break roots and increase chance of infection.

Limit sugary snacks, especially when they are losing their baby teeth.

More Information

