Your Prescription for a Healthy Mouth

Select an age group:

- 0 – 12 months
- 13 mo. – 2 years
- 3 – 5 years
- 6+ years
EXPECT
• First tooth, typically between 6 - 12 months

TWICE DAILY
**Before first tooth**, use a damp washcloth to gently wipe around top and bottom gums and tongue; helps to notice changes in the mouth

**After first tooth**, brush
• Parent brushes and supervises till age 8
• Comfortable position
• Rice sized amount of fluoride toothpaste until able to spit
• Focus on the gumline; hold the brush at an angle where the gums meet the teeth
• Small back and forth or circular motions
• All surfaces: inside, outside and biting surfaces

Care for teeth & gums 2x every day!
EATING & DRINKING HABITS

- Transition from bottle to sippy cup at 9 - 12 months
- No bottle at bedtime with anything except water
- Do not prop up bottle
- Offer healthy foods and snacks
- In addition to morning and evening mouth care, brush teeth/wipe gums or swish with water after eating

CHOOSE

LIMIT

Check for added sugar

0 - 12 months
WHAT TO DO

• Fluoride varnish
• Establish care with a dentist
• Lift the lip to check teeth monthly to look for signs of decay: white lines, brown spots

BE AWARE

• Germs can pass from parent to child by kissing, sharing food and saliva, so caregiver’s oral health is essential to protect children
• Cavities and decay can begin as soon as a tooth is present
• Early stages are reversible
• Children with cavities are more likely to have them as adults
Sugary drinks contain more sugar than you may think

<table>
<thead>
<tr>
<th>Size</th>
<th>Sugar Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>12oz</td>
<td>10 tsp, 39 g</td>
</tr>
<tr>
<td>6oz</td>
<td>3 tsp, 13 g</td>
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<tr>
<td>15oz</td>
<td>12 tsp, 49 g</td>
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<tr>
<td>8oz</td>
<td>7 tsp, 27 g</td>
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<tr>
<td>20oz</td>
<td>9 tsp, 34 g</td>
</tr>
<tr>
<td>16oz</td>
<td>17 tsp, 66 g</td>
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</tbody>
</table>
**EXPECT**
- 20 teeth by age 3

**TWICE DAILY**

**Brush**
- Parent brushes and supervises till age 8
- Comfortable position
- Rice sized amount of fluoride toothpaste until able to spit
- Focus on the gumline: hold the brush at an angle where the gums meet the tooth
- Small back and forth or circular motions
- Inside, outside and biting surfaces

Brush 2x every day!
EATING & DRINKING HABITS

- Children should no longer be drinking from a bottle
- Offer water for thirst
- Avoid sugary beverages, including juice, soda and sports drinks
- Nothing in sippy cup except water
- Offer healthy foods/snacks
- Limit to three meals and two snacks daily
- Its not what you eat but how often
- Frequently exposing children's teeth to sugar will cause cavities
- In addition to morning and evening mouth care, brush teeth or swish with water after eating

CHOOSE

LIMIT

13 mo. - 2 years
Lift the lip! Look for:

- White spot lesions
- Early childhood caries
- Rampant tooth decay

Decay is still reversible!

WHAT TO DO
- Fluoride varnish
- Establish care with a dentist
- Caregivers should lift the lip to check teeth monthly to look for signs of decay

BE AWARE
- Cavities and decay can happen at any age
- What to look for:
  - White spot lesions
  - Early childhood caries
  - Rampant tooth decay

PROTECT YOUR CHILD’S TEETH!
- Fluoride varnish
- Dental visits

13 mo. - 2 years
Sugary drinks contain more sugar than you may think

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<tbody>
<tr>
<td>SUGAR</td>
<td>12oz</td>
<td>6oz</td>
<td>15oz</td>
<td>8oz</td>
<td>20oz</td>
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<td>13 g</td>
<td>49 g</td>
<td>27 g</td>
<td>34 g</td>
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</table>
Choose a comfortable position

**EXPECT**
First molars around age 5

**TWICE DAILY**

**Brush**
- Parent brushes and supervises till age 8
- Comfortable position
- Pea sized amount of fluoride toothpaste when able to spit
- Focus on the gumline; hold the brush at an angle where the gums meet the tooth
- Small back and forth or circular motions
- All surfaces: inside, outside and biting surfaces

**Begin flossing** when teeth touch

**Brush 2x every day!**

**Begin flossing when teeth touch.**

Choose a comfortable position
EATING & DRINKING HABITS

• Offer water for thirst
• Avoid sugary beverages, including juice, soda and sports drinks
• Offer healthy foods/snacks
• Limit to three meals and two snacks daily
• It’s not what you eat but how often
• Frequently exposing children’s teeth to sugar will cause cavities
• In addition to morning and evening mouth care, brush teeth or swish with water after eating
WHAT TO DO
• Fluoride varnish
• Establish care with a dentist
• Refer to a dentist for molar sealant when first molar appears (around age 6)
• Caregivers should lift the lip to check teeth monthly to look for signs of decay

BE AWARE
• Cavities and decay can happen at any age
• What to look for: white spot lesions, early childhood caries, rampant tooth decay

PROTECT YOUR CHILD’S TEETH!
• Fluoride varnish
• Dental visits
• Sealant

Lift the lip! look for:
White spot lesions
- white lines
- early decay

Early childhood caries
- cavities

Rampant tooth decay
- decay
- abscess

Decay is still reversible!

Decay is no longer reversible, but new lesions can still be prevented.

3 - 5 years
Sugary drinks contain more sugar than you may think

<table>
<thead>
<tr>
<th>Volume</th>
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<tbody>
<tr>
<td>12oz</td>
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EXPECT
28 permanent teeth by age 13

TWICE DAILY

Brush
• Parent brushes and supervises till age 8
• Pea sized amount of fluoride toothpaste
• Focus on the gumline; hold the brush at an angle where the gums meet the tooth
• Small back and forth or circular motions
• All surfaces: inside, outside and biting surfaces

Floss daily

Brush every day!
Floss daily
EATING & DRINKING HABITS

- Offer water for thirst
- Avoid sugary beverages, including juice, soda and sports drinks
- Offer healthy foods/snacks
- Limit to three meals and two snacks daily
- It’s not what you eat but how often
- Frequently exposing children’s teeth to sugar will cause cavities
- In addition to morning and evening mouth care, brush teeth or swish with water after eating

6+ years
WHAT TO DO
• Fluoride varnish
• Establish care with a dentist
• Refer to a dentist for molar sealant when first molar appears (around age 6)
• Caregivers should lift the lip to check teeth monthly to look for signs of decay

BE AWARE
• Cavities and decay can happen at any age
• What to look for: white spot lesions, early childhood caries, rampant tooth decay

PROTECT YOUR CHILD’S TEETH!
• Fluoride varnish
• Dental visits
• Sealant

Lift the lip! look for:

- WHITE SPOT LESIONS
  - white lines
  - early decay

- EARLY CHILDHOOD CARIES
  - cavities

- RAMPANT TOOTH DECAY
  - decay
  - abscess

Decay is still reversible!
Decay is no longer reversible, but new lesions can still be prevented.
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<td>60</td>
<td>15oz</td>
<td>12 tsp</td>
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<tr>
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