



Your Prescription for a Healthy Mouth

Select an age group:

0 - 12 months

13 mo. - 2 years

3 - 5 years

6+ years

MouthMatters

Integrating Oral Health into Medical Care

ARCORA
Foundation

Bending the Arc of Oral Health Toward Equity

EXPECT

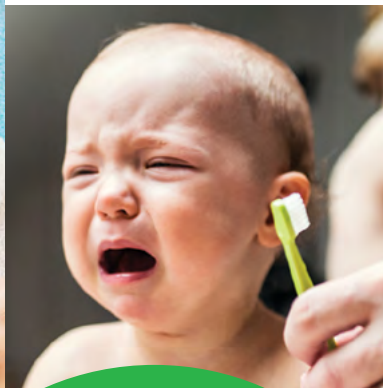
- First tooth, typically between 6 - 12 months

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 until at least age 8
- Comfortable position
- Rice sized amount of fluoride toothpaste
- 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



Choose a comfortable position

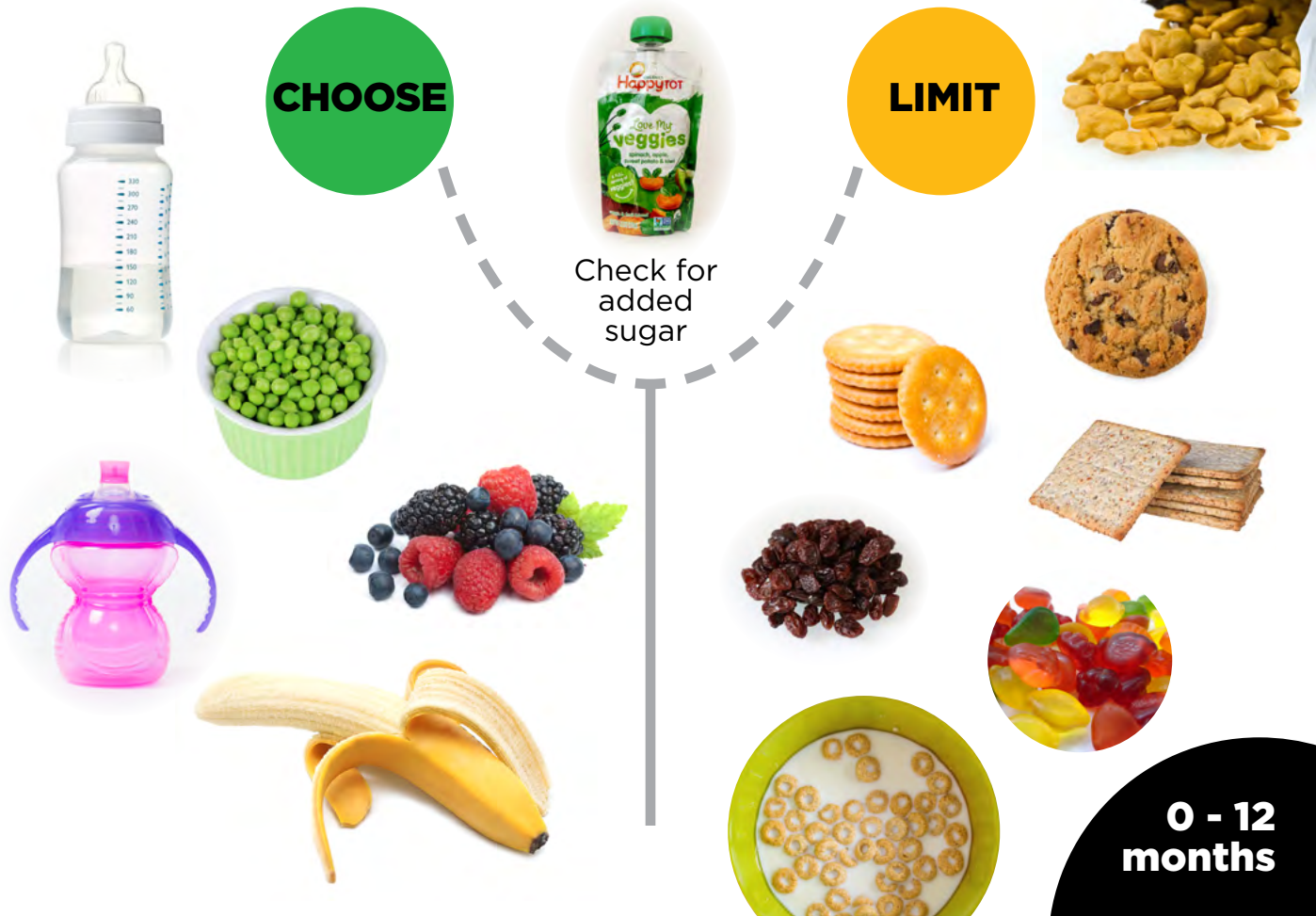
**Care for
teeth & gums
2x every
day!**



**0 - 12
months**

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



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 (and encourage caregivers to do so too)

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

WHITE SPOT LESIONS

white lines early decay



**Lift
the lip!**

**0 - 12
months**

Sugary drinks contain more sugar than you may think

The American Heart Association recommends 25 grams of total sugar per day.



EXPECT

- 20 teeth by age 3

TWICE DAILY

Brush

- Parent brushes and supervises until at least 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



Choose a comfortable position

**Brush
2x every
day!**



**13 mo. -
2 years**

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
- 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

CHOOSE



LIMIT



**13 mo. -
2 years**

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

**Lift
the
lip!**
look
for:



Decay is still reversible!



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



**13 mo. -
2 years**

Sugary drinks contain more sugar than you may think

The American Heart Association recommends 25 grams of total sugar per day.



12oz

10 tsp
39 g



6oz

3 tsp
13 g



15oz

12 tsp
49 g



8oz

7 tsp
27 g



20oz

9 tsp
34 g



16oz

17 tsp
66 g

SUGAR

EXPECT

First molars
around age 5

TWICE DAILY

Brush

- Parent brushes and supervises until at least age 8
- Comfortable position
- 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

Begin flossing when teeth touch



Choose a
comfortable
position

**Brush 2x
every day!**

**Begin flossing
when teeth
touch.**



**3 - 5
years**

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

CHOOSE



LIMIT



**3 - 5
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:

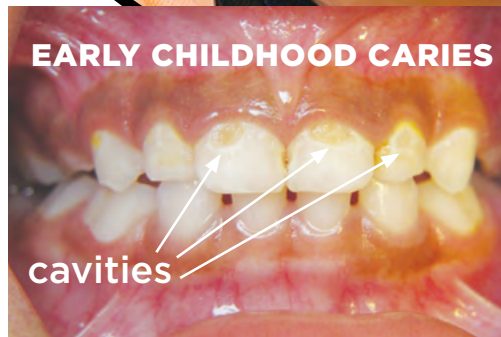
WHITE SPOT LESIONS



white lines early decay

Decay is still reversible!

EARLY CHILDHOOD CARIES



cavities

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

RAMPANT TOOTH DECAY



decay

abscess

**3 - 5
years**

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6oz

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13 g



15oz

12 tsp
49 g



8oz

7 tsp
27 g



20oz

9 tsp
34 g



16oz

17 tsp
66 g

SUGAR

EXPECT

28 permanent
teeth by age 13

TWICE DAILY

Brush

- Parent brushes and supervises until at least 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 2x
every day!**

Floss daily



**6+
years**

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LIMIT



**6+
years**

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BE AWARE

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PROTECT YOUR CHILD'S TEETH!

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Regular dental care is important for a child's oral and overall health.

Find the right dental care with one of these free services from Arcora Foundation.



DentistLink connects **people of all ages** to local dentists who take Apple Health (Medicaid) or don't require insurance.

DentistLink.org
844-888-5465



ABCD connects **Medicaid-insured children under age 6**—or under age 13 with a special health care need—with specially trained dentists in their community.

ABCD-Dental.org

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