



# Your Prescription for a Healthy Mouth

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**MouthMatters**

Integrating Oral Health into Medical Care

**ARCORA**

Foundation

Bending the Arc of Oral Health Toward Equity

## RECOMMENDATIONS

### 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



0 - 12  
months



0 - 12  
months



Choose a comfortable position

Care for  
teeth & gums  
2x every  
day!



## RECOMMENDATIONS

### 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



0 - 12  
months



**CHOOSE**



Check for  
added  
sugar



**LIMIT**



Remember: Always modify foods  
to the right size and texture for  
each age to prevent choking!

0 - 12  
months

## RECOMMENDATIONS

### 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



0 - 12  
months



Lift  
the lip!

0 - 12  
months



## RECOMMENDATIONS


### 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



13 mo. -  
2 years



13 mo.-  
2 years

**Brush  
2x every  
day!**



Choose a comfortable position



## RECOMMENDATIONS

### 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



13 mo. -  
2 years



CHOOSE



LIMIT



13 mo. -  
2 years

Remember: Always modify foods to the right size and texture for each age to prevent choking!

## RECOMMENDATIONS

### 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



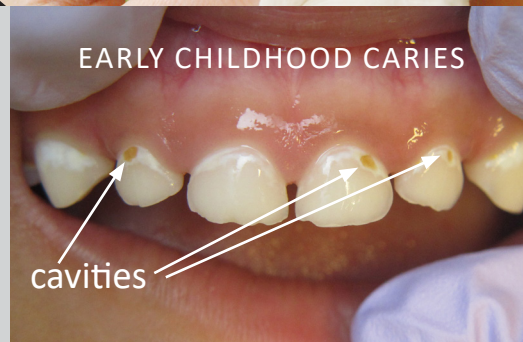
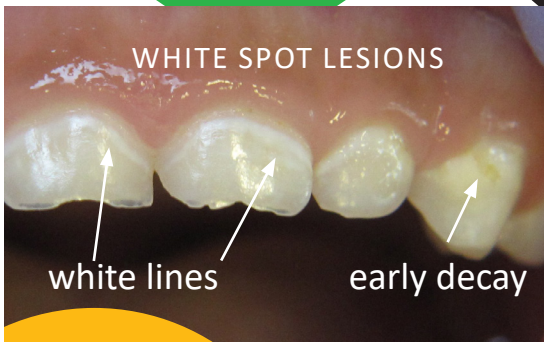
13 mo. -  
2 years

Lift  
the lip!  
look for:



PROTECT YOUR  
CHILD'S TEETH!

- Fluoride varnish
- Dental visits



13 mo. -  
2 years

Decay is still  
reversible!

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

## RECOMMENDATIONS

### 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



3 - 5  
years



3 - 5  
years

**Brush 2x  
every day!**

Begin flossing  
when teeth  
touch.




Choose a comfortable position



## RECOMMENDATIONS

### 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



3 - 5  
years

**CHOOSE**



**LIMIT**



3 - 5 years


## RECOMMENDATIONS

### 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



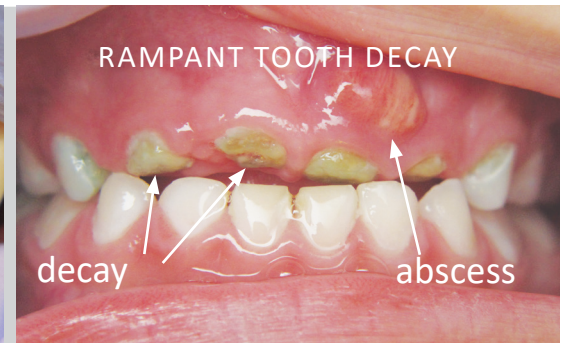
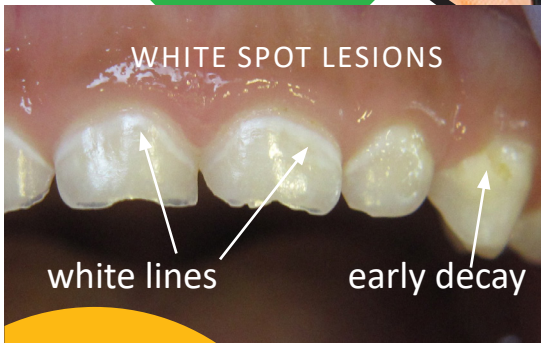
3 - 5  
years



Lift  
the lip!  
look for:

## PROTECT YOUR CHILD'S TEETH!

- Fluoride varnish
- Dental visits
- Sealant



3 - 5  
years

Decay is still  
reversible!

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

## RECOMMENDATIONS

### 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



6+  
years



**Brush 2x  
every day!**  
Floss daily


6+  
years



## RECOMMENDATIONS

### EATING & DRINKING HABITS

- Offer water for thirst
- Avoid sugary beverages, including juice, soda and sports drinks
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6+  
years

**CHOOSE**



**LIMIT**



6+ years

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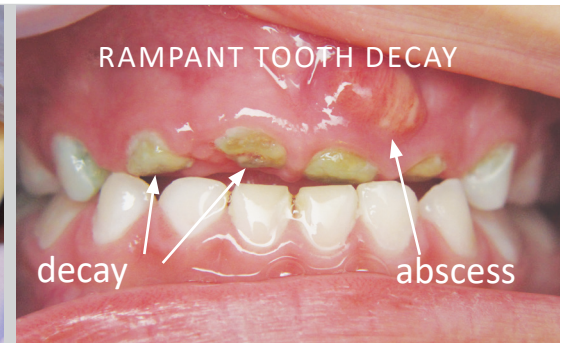
6+  
years



Lift  
the lip!  
look for:

## PROTECT YOUR CHILD'S TEETH!

- Fluoride varnish
- Dental visits
- Sealant



6+  
years

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reversible!

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

# Sugary drinks contain more sugar than you may think

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



# Talking to Families About Fluoride

Fluoride is a natural mineral found in food, soil and water.



Fluoride is nature's cavity fighter!

## WHAT CAN FAMILIES DO?

- Dental Hygiene: brush your child's teeth 2x daily with a toothpaste containing fluoride. It cuts their risk for cavities.
- Fluoride Varnish: At your child's next medical visit, ask their provider to apply a fluoride varnish. It cuts their risk for cavities.
- Drink fluoridated tap water, which protects against up to 25% of decay just by sipping water throughout the day.

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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.

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children under age 6—or under  
age 13 with a special health care  
need—with specially trained  
dentists in their community.

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