



# ORAL HEALTH CARE

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## CHILDREN

Regular dental care when your child is young helps create good oral health care as they grow. You should observe your child's brushing habits while they are young. For more tips on oral healthcare for children see the back of this card.



Health  
Department

# ORAL HEALTH TIPS

## 0-1 YEAR OLD

- Brush an infant's gums after drinking milk to prevent acid build up.
- Do not give a baby a bottle in bed.
- Begin brushing teeth when the first tooth comes up.
- Gently brush all tooth surfaces with a children's brush.
- Schedule your child's first exam their first birthday.

## 1-2 YEARS OLD

- Your child should be getting cleanings every six months.
- Always supervise your child's brushing until you are certain he or she can properly brush their teeth.

## 3 YEARS AND UP

- Begin flossing as soon as teeth touch.
- Visit your dentist every six months for cleanings.
- Limit sugary drinks and sticky foods.
- Ask your child's dentist about sealants and fluoride treatments to protect their teeth.
- If your child plays a contact sport they should wear a mouth guard to protect their teeth.
- Brush twice a day for two minutes each time.

## MILESTONES

- All baby teeth are typically in by the age of two.
- Children can learn to rinse and spit by age 3.
- Baby teeth start to loosen around age six to make room for permanent teeth.

Scan the code to help you find a dentist, low cost care, or insurance.

