

TIPS FOR HEALTHY TEETH



WHAT YOU CAN DO

Poor eating and brushing habits put kids at higher risk for cavities. Keep an eye on brushing habits even as your kids get older, and use these tips to help them keep teeth healthy.



Begin using fluoride toothpaste at age 2.

BRUSH 2X A DAY

Remind kids to brush teeth at least 2 times a day with a small amount of fluoride toothpaste.

BRUSH 2-3 MIN.

Spend at least 2 to 3 minutes brushing teeth in a circular motion – once in the morning and again before bed.

After brushing, teach your child to rinse and spit out any extra toothpaste.

LESS SUGAR, MORE FLUORIDE

Limit sweets and replace sugary snacks with breads, fruits, and nuts.

Choose healthier drinks for kids without added sugar, like milk and water.

Encourage kids to drink water with fluoride and rinse with fluoride mouthwash to kill germs between teeth.



BABY TEETH MATTER

Take care of all 20 baby teeth that show up in your child's mouth by 3 years old. They are meant to last up to 10 years. Eating, speech and future tooth placement depend on the health of these teeth.

If your dentist finds tooth decay in your child's baby tooth, it's important to follow through on the treatment.

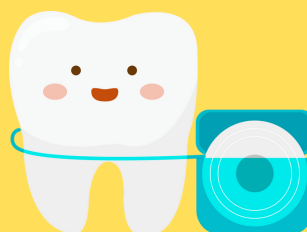
FIND A DENTAL HOME

Find a Dental Home for your child around the age of 1 to help keep their mouth and teeth healthy with regular dental visits.

FLOSS DAILY

Help kids floss daily between teeth, especially in the back areas.

Teach kids to floss first before brushing their teeth. By age 7, they can start flossing on their own.



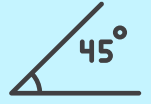
<https://info.benevis.com/HappyHealthySmileMonth>



6 BRUSHING TIPS FOR HEALTHY TEETH

A few toothbrush moves you can use

Place toothbrush along the gum line and teeth at a 45 degree angle.



Gently brush the outer and inner teeth using a back and forth rolling motion.



Brush front teeth up & down

Tilt brush vertically behind the front teeth and brush with up and down strokes using the front half of the brush.



Get into the grooves

Brush the biting surface of the teeth using a gentle back and forth scrubbing motion.



52%

of kids have tooth decay by the age of 8, cites the CDC



The best toothbrushes for kids

The best toothbrushes for younger kids have soft and small brush heads.

Never share a toothbrush between children. Replace it every 3 months.



Brush away bad breath

To remove bacteria that causes bad breath, brush the tongue from back to front.



<https://info.benevis.com/HappyHealthSmileMonth>

BABY TEETH

WHY THEY'RE SO IMPORTANT!

Many people think baby teeth don't matter because kids lose them and new set of teeth come in. But baby teeth are so important for speech, eating, and placement of adult teeth. Make sure kids brush, floss, and see the dentist twice a year starting at 6 months!

Baby teeth are meant to last up to

10
YEARS

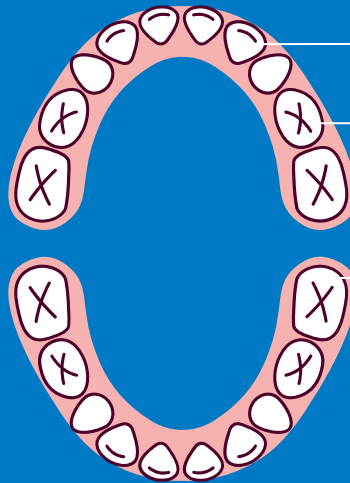
Most baby teeth show up by

3
YEARS OLD

Kids' teeth usually grow in like this:

Every child is different, but teeth usually grow in like this.

Be sure to care for all 20 baby teeth that show up in your child's mouth by 3 years old.



1 YEAR Incisors

2 YEARS Canine & First Molars

3 YEARS Second Molars

52%

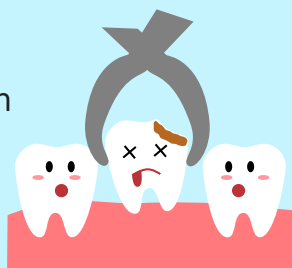
of kids have tooth decay by the age of 8 and 25% have at least one cavity by 4 years old, says CDC



Cavities Spread

Did you know cavities can spread like a cold from tooth to tooth?

If your dentist finds decay in your child's baby tooth, it's important to follow through on the treatment.



PEARLS of Wisdom

PROTECT tiny teeth by caring for your mouth when you're pregnant. Your child's future oral health starts with you.

ENSURE to wipe your baby's gums after each meal.

AVOID putting babies to bed with a bottle.

REMEMBER to brush teeth 2 times a day with fluoride toothpaste. For kids under 2 years, talk to your dentist.

LIMIT food and drink with added sugar. Add more fruits and veggies to support your child's oral health.

SCHEDULE a dental visit by your child's first birthday or after their first tooth appears.

Children's Dental Health. Centers for Disease Control and Prevention, Centers for Disease Control and Prevention. Jan. 21, 2022.

