

# Children's Oral Health Care

## A Guide for Parents

Baby teeth are important. Children need them for chewing, talking and smiling!!! You can keep your child's teeth and gums healthy by following the oral health guide.

### Birth to 6 months

- Brush baby's gums with an infant size soft tooth brush - get gums ready for teething.
- Brush first tooth gently as soon as it comes in.
- Change tooth brushes every 3 months.
- Use two toothbrushes -- one for baby to brush with and one for parent to brush with.
- Brush first teeth every day before bedtime.
- Do not put baby to bed with a bottle unless it only has water in it.

### 6 months to 1 year

- Brush each tooth as they come in.
- Start fluoride drops if you do not have fluoridated water at home.
- Start using a cup to drink from.
- Introduce solids to babies diet.
- Limit sweet foods and drinks.

### 1 to 2 years

- Baby's first dental check up at 1 year.
- Brush each tooth as they come in.
- Brush every tooth before bedtime.
- Use only a dot of toothpaste.
- Baby should be weaned from bottle.
- Use a cup or glass to drink liquids from.
- Limit sweet foods and drinks.

### 2 to 6 years

- Dental check up every year.
- Brush child's teeth every day especially before bedtime.
- Floss between teeth.
- Children usually can't do a good job of brushing and flossing until they are about 8 years old.
- Use fluoride tablets daily if you don't have fluoridated water.
- Child will begin losing baby teeth and getting new adult teeth.
- Limit sweet foods and drinks.

### 6-12 years

- Dental check up every year.
- Children will continue to lose baby teeth and get new adult teeth.
- Supervise each tooth becoming loose and the new tooth as it comes in.
- Assist children with their daily brushing especially loose or new teeth as they come in.
- Continue to assist with flossing.
- Limit sweet foods and drinks, especially candy and soda pop.
- Encourage children to drink water.
- Have children rinse out their mouth if they can't brush after sweets.
- Continue Fluoride tablets every day if you don't live in a fluoridated area.

### 12-18 Years

- Continue yearly dental exams.
- Continue daily fluoride tablets until age 16 if you don't live in fluoridated area.
- Children will continue to get new teeth (wisdom teeth) in until they are 18 or older.
- See your dentist check to see if your teen has room for their wisdom teeth.

For more information on children's oral health contact:  
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