

Oral Health Care Guide

Infants



Take your child to a pediatric dentist as soon as their first tooth comes out.

Gently wipe your child's gums with a small washcloth or gauze.

Give your kids a balanced diet composed of several healthy foods.

Make milk and water the main source of hydration for your babies. Avoid beverages with large amounts of sugar.

Schedule regular dental visits every 6 months.

Toddlers



By the age of two some toddlers begin brushing their teeth but need assistance from their guardians up to the age of 5.

Use a pea-size amount of toothpaste when brushing their teeth.

Create a brushing routine that begins a couple of hours before bedtime so your child is not too tired to brush.

Prevent toddlers from swallowing their toothbrush

Use child-sized toothbrushes

Toddler Brushing Guide

1

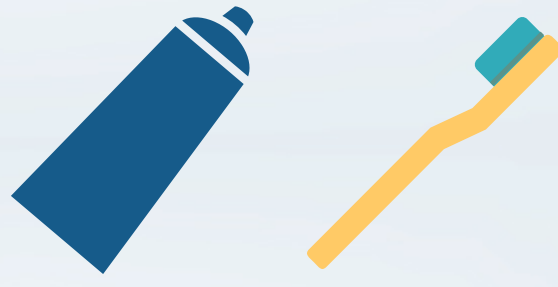
Brush the inside surfaces of your toddler's teeth, angling bristles toward gumline.

2

Clean outside surfaces of your child's teeth.

3

Brush chewing surfaces of the teeth



School-Age Children



Promote the importance of regular brushing and flossing within your household.

Visit the Dentist every 6 months

Encourage healthy eating habits avoiding products with a lot of sugar

Make sure your children wear mouthguards if they frequently practice sports.