

"Oops! Missed a spot!"

BIRTH TO 6 MONTHS

- Clean infants' gums with a washcloth after feedings.
- Avoid putting your baby to bed with a bottle.

6 TO 12 MONTHS

- Visit your dental professional around 12 months of age.
- A half pea-sized portion of fluoride toothpaste may be used.
- Brush with a soft-bristled brush after feedings and at bedtime.
- As a child begins to walk, be especially alert to potential dental injuries.
- Ask about the need for a fluoride supplement if drinking water does not have enough fluoride.

12 TO 24 MONTHS

- Wean from the bottle by 12 months of age.
- Visit your dental professional every 6 months for an exam and cleaning.
- Most primary teeth should have erupted.
- Teeth that are touching should be flossed daily.
- A sippy cup containing juice or any other sweetened drink should be avoided between meals.
- Pacifier use should be discontinued by 16-18 months.

"Look at that shine!"

AGE 2 TO 3

- A pea-sized portion of fluoride toothpaste may be used.
- Children should have a complete set of 20 primary (baby) teeth.

If you are having problems finding dental care, visit with your child's pediatrician or family practitioner about available options.

Your Mouth Matters

www.yourmouthmatters.org

"Scrub-a-dub-dub!"

AGE 6 OR 7

- By age 6 or 7 children are usually able to brush their teeth by themselves, but should be monitored by a parent.
- Baby teeth are replaced by permanent teeth around age 6 until around age 12 or 13.
- Finger sucking habits should be discontinued before the eruption of the first permanent tooth.
- An orthodontic screening is recommended no later than age 7.

"Aaaa-aaaa-aaaah!"

AGE 6 TO 16

- Dental sealants are recommended.
- Mouthguards should be used when playing sports.

AGE 17

- Around age 17 many teens will have a complete set of 32 permanent teeth. Extraction of wisdom teeth may be advised.

"1, 2, 3, squeeze!"

GENERAL GUIDELINES FOR PREVENTIVE DENTAL CARE

- Avoid sugary snacks and drinks.
- Brush at least twice a day especially before bed.
- Floss teeth daily.
- Visit your dental professional every 6 months for preventive care.

"Looking good in here!"

Support provided by the
Kansas Dental Charitable Foundation

Resources: American Dental Association; American Academy of Pediatric Dentistry; Centers for Disease Control and Prevention; and National Maternal & Child Oral Health Resource Center