

# HOW TO FEEL YOUR best at every age



## ORAL HEALTH FOR BABIES & TODDLERS

A baby's mouth is where smiles, giggles, and first words begin. Keeping it healthy helps them grow, connect, and explore their new world with joy.



## ORAL HEALTH FOR CHILDREN & TEENS

Strong, healthy teeth help children and teens eat well, speak clearly, discover new tastes, and shine with confidence as they grow.

### MOUTH MILESTONES

#### BABY IS BORN!

Tooth buds are already forming under the gums.

#### 6 MONTHS OLD

The first tooth usually appears.

#### 2½ YEARS OLD

All 20 primary (baby) teeth have come through.

#### 6 YEARS OLD

Permanent teeth begin to appear.

#### 12 YEARS OLD

Most permanent teeth have erupted (except wisdom teeth).

### GOOD HABITS FOR A HAPPY MOUTH AND LIFE

- Gently clean a baby's gums with a soft, moist gauze pad or washcloth at least twice a day, especially after feedings and before bedtime.

- Begin regular dental visits once the first tooth appears or by your child's first birthday.
- Brush for two minutes, twice a day, using a smear of fluoride toothpaste (about the size of a grain of rice). Make sure one of those brushings is before bedtime.

- Reinforce good oral health habits every day.
- At age 3, switch to brushing twice a day with a pea-sized amount of fluoride toothpaste.
- Drink from a cup instead of a sippy cup to protect teeth.

- Supervise brushing twice a day with fluoride toothpaste until your child can brush properly on their own. Remember to make sure one of those brushings is before bedtime.
- Visit the dentist regularly to monitor tooth growth and alignment.
- Encourage healthy foods and limit sugary snacks and drinks.
- Protect teeth during contact sports and cycling by wearing a properly fitted mouthguard.

### WHAT ARE THE KEY TIPS EVERYONE SHOULD KNOW?

#### WHAT IS THE MOST EFFECTIVE TYPE OF TOOTHPASTE AND TOOTHBRUSH FOR MAINTAINING ORAL HEALTH?

**Toothpaste:** Young children (0 to 6 years old) should use fluoride toothpaste containing at least 1,000 ppm fluoride. For those aged 7 years or older use fluoride toothpaste containing 1,000 – 1,500 ppm fluoride.

**Toothbrush:** Use either a manual or powered toothbrush. How well the brushing works depends on how you use the toothbrush, whether it's manual or powered. Use a small toothbrush with soft or medium bristles.



# HOW TO FEEL YOUR best at every age



## ORAL HEALTH FOR ADULTS

Your smile is part of who you are. A healthy mouth supports your whole body and makes everyday moments brighter whether sharing a meal, chatting with a friend, or laughing with loved ones.



## ORAL HEALTH FOR SENIORS

Healthy teeth and gums help you stay well, enjoy the foods you love, and keep your independence so you can live life to the fullest, with a smile.

## MOUTH MILESTONES

### 21 YEARS AND ABOVE

Third molars (wisdom teeth) are the last to come through, though not everyone develops them.

### LATER LIFE

Tooth loss is not an inevitable part of ageing. With proper care, teeth can last a lifetime.

## GOOD HABITS FOR A HAPPY MOUTH AND LIFE

- Maintain good oral hygiene and visit the dentist regularly, continuing the healthy habits you learned in earlier years.
- Protect your smile by avoiding tobacco, limiting alcohol, reducing sugar, and following a healthy lifestyle.
- Pregnant women should take extra care, as hormonal changes can affect oral health. Schedule a dental check-up during pregnancy.
- Protect teeth during contact sports and cycling by wearing a properly fitted mouthguard.
- Learn about oral health risks that can come with ageing, such as dry mouth, and take steps to prevent them. Be aware that some medications and systemic conditions can also affect the mouth — discuss any changes with your dentist or doctor.
- Visit your dentist regularly to keep your teeth and gums healthy. If your gums have receded, ask about prescription high-fluoride toothpaste — it can help prevent root decay.
- Enjoy a variety of healthy and diverse foods.
- Maintain good oral hygiene and enjoy life to the fullest.

## WHAT ARE THE KEY TIPS EVERYONE SHOULD KNOW?

### DO I REALLY NEED TO CLEAN BETWEEN MY TEETH?

Yes, you should clean between your teeth **daily** to remove plaque and food particles that a toothbrush can't reach, which helps prevent gum disease, tooth decay, and bad breath. Parents should start helping their child with flossing once their two neighbouring teeth touch. As your child's baby teeth give way to adult teeth, continue helping them clean between their teeth using floss or interdental brushes. Teenagers and adults should continue this habit every day to protect their smile and keep their mouth healthy for life.

### SUMMARY OF KEY ORAL HEALTH TIPS FOR EVERYONE

A healthy smile makes life better! Brush for two minutes, twice a day, with fluoride toothpaste, visit your dentist regularly, and cut back on sugary foods and drinks — no matter your age. For the best health benefits, try to keep "free sugars" (the ones added to foods and drinks) to less than 10% of your daily energy intake — and under 5% if possible. Schedule dental check-ups based on your personal needs, and ask your dentist how often you should be seen.

