

HOW TO PROTECT a child's mouth

DID YOU KNOW A HAPPY MOUTH FROM BIRTH
SETS THE STAGE FOR A HAPPY LIFE?

Starting good oral care habits early helps build a strong
foundation for a healthier, happier future.

TAKE CARE OF AN INFANT'S MOUTH



Gently **wipe a baby's gums** after each feed. Use a clean, moist gauze pad or soft cloth.



Place only breast milk, formula, milk or water in bottles.
No sugary drinks, including sugary milk and water.



Discourage thumb sucking, pacifier use and sippy cups.



Refrain from allowing babies to fall asleep with a feeding bottle in their mouths.

PREVENT TOOTH DECAY BY BRUSHING



Start brushing as soon as the **first tooth** appears.



Supervise toothbrushing until the child is able to brush their teeth correctly on their own.



Use a **fluoride toothpaste**.

Under 3 years use a smear. 3 to 6 years use a pea-sized amount.



Brush twice a day. It is especially important before bedtime.

BUILD GOOD HABITS FOR WHOLE-BODY HEALTH



Limit foods and drinks that are high in sugar, especially in-between meals.



Ensure that a **mouthguard is worn** for contact sports and cycling.



VISIT THE DENTIST REGULARLY

Take the child for a **check-up** as soon as the first tooth comes in or by their first birthday.

Schedule regular dental check-ups.

