

## Teens

- Parents can make the most of their teens' interest in how they look by reminding them that a healthy smile and fresh breath will help them look and feel their best.

## Tips for children who wear braces

- Encourage them to brush thoroughly and use interdental brushes
  - How teeth look when braces come off depends on how they're treated while the braces are on
- Suggest that teens carry a toothbrush, toothpaste and floss in their purse or gym bag for use during the day



## Quick tips for better oral health for kids

- Start practicing good oral care even before the first tooth comes in. From healthy gums come healthy teeth
- Parents should schedule their child's first dental appointment before their first birthday and then every 6 months
- It is important that child brush twice a day with a fluoride toothpaste and begin flossing from the teenage years onwards
- Children should limit sugary and sticky foods and drinks to protect against tooth decay

For more oral care tips for kids, talk to your dental team.

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# How do I care for my child's teeth?

## Good oral care begins before a baby's first tooth

Baby teeth start to break through the gums around 6 months. But it is important to start good oral care even before the first tooth comes in. From healthy gums come healthy teeth.

Kids have all their baby teeth usually by the age of 2 years. These are called primary teeth. Baby teeth start falling out around the age of 6 years; that's when the permanent, or adult, teeth start erupting. Gaps between baby teeth are normal. They make room for the permanent teeth. Most permanent teeth have erupted by the age of 13 years.

## Baby Bottle Tooth decay is a serious problem

Baby Bottle Tooth Decay can happen if babies and young children are fed sugary drinks from baby bottle regularly.

### To avoid it:

- Only milk or water should be given in the baby bottle
- Don't put your baby to bed with a bottle



## Here are some tips to keep kids' teeth healthy and strong

### 0 - 6 months

- In order to get rid of the sticky coating after feeding either use specially designed soft baby gum brush or a gauze to wipe the gums
- Schedule first dental appointment before the child's first birthday

### 6 months - 2 years

- Start using 500 – 1000 ppm fluoride toothpaste twice a day depending on caries-risk
- Use only pea-sized amount. Make sure your child spits it out after brushing
- Start visiting your dental team every 6 months



### 2 - 6 years



- Use 500-1450 ppm fluoride toothpaste twice a day depending on caries-risk
- Use only a pea-sized amount

- Try to break thumb-sucking and pacifier habits by the age of 4 years
- Let your child know that it's normal for baby teeth to fall out. That's how "grown-up" teeth come in
- Until children are able to practice proper oral health habits alone, parents should help their child brush twice a day

### 6 years and above



- Use 1450 ppm (adult) fluoride toothpaste twice a day
- Always pay special attention to the back teeth which may have more plaque
- Children who play sports should wear a mouth guard to protect their teeth