



# Your Prescription for a Healthy Mouth

Select an age group:

0 - 12 months

13 mo. - 2 years

3 - 5 years

6+ years

**MouthMatters**

Integrating Oral Health into Medical Care

**ARCORA**

The Foundation of Delta Dental of Washington

## EXPECT

- First tooth, typically between 6 - 12 months

## TWICE DAILY

**Before first tooth**, use a damp washcloth to gently wipe around top and bottom gums and tongue; helps to notice changes in the mouth

**After first tooth**, brush

- Parent brushes and supervises till age 8
- Comfortable position
- Rice sized amount of fluoride toothpaste until able to spit
- Focus on the gumline; hold the brush at an angle where the gums meet the teeth
- Small back and forth or circular motions
- All surfaces: inside, outside and biting surfaces



Choose a comfortable position

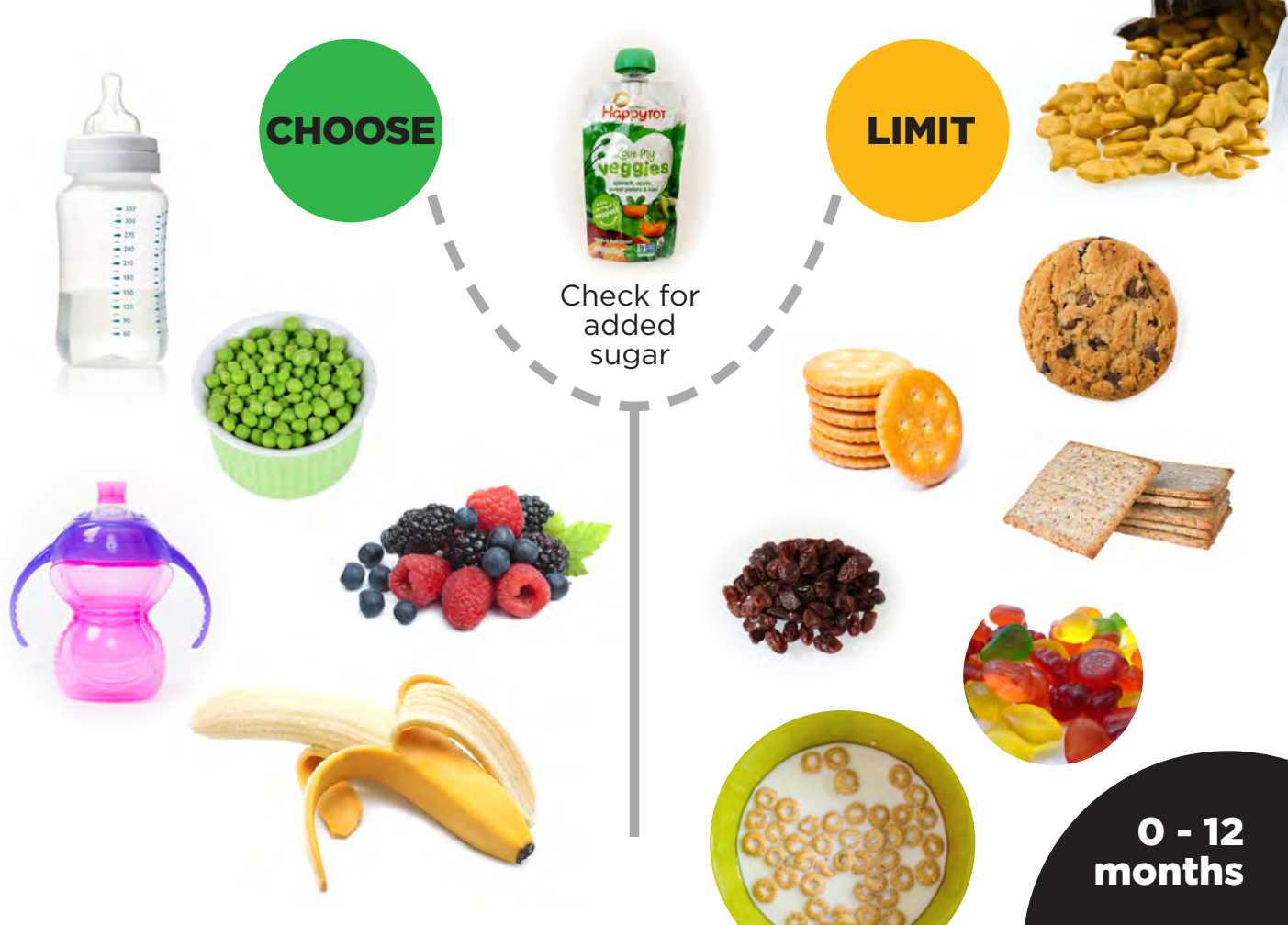
**Care for  
teeth & gums  
2x every  
day!**



**0 - 12  
months**

## EATING & DRINKING HABITS

- Transition from bottle to sippy cup at 9 - 12 months
- No bottle at bedtime with anything except water
- Do not prop up bottle
- Offer healthy foods and snacks
- In addition to morning and evening mouth care, brush teeth/ wipe gums or swish with water after eating



## WHAT TO DO

- Fluoride varnish
- Establish care with a dentist
- Lift the lip to check teeth monthly to look for signs of decay: white lines, brown spots

## BE AWARE

- Germs can pass from parent to child by kissing, sharing food and saliva, so caregiver's oral health is essential to protect children
- Cavities and decay can begin as soon as a tooth is present
- Early stages are reversible
- Children with cavities are more likely to have them as adults

## WHITE SPOT LESIONS



white lines    early decay

A close-up photograph of a child's lower front teeth. Three white arrows point to specific areas on the teeth. The first arrow points to a thin white line on the side of a tooth. The second arrow points to a larger white area on the top surface of a tooth. The third arrow points to a small brown spot on the side of a tooth.



Lift  
the lip!



0 - 12  
months

# Sugary drinks contain more sugar than you may think



12oz

**10 tsp**  
**39 g**



6oz

**3 tsp**  
**13 g**



15oz

**12 tsp**  
**49 g**



8oz

**7 tsp**  
**27 g**



20oz

**9 tsp**  
**34 g**



16oz

**17 tsp**  
**66 g**

**SUGAR**

## EXPECT

- 20 teeth by age 3

## TWICE DAILY

### Brush

- Parent brushes and supervises till age 8
- Comfortable position
- Rice sized amount of fluoride toothpaste until able to spit
- Focus on the gumline: hold the brush at an angle where the gums meet the tooth
- Small back and forth or circular motions
- Inside, outside and biting surfaces



Choose a comfortable position

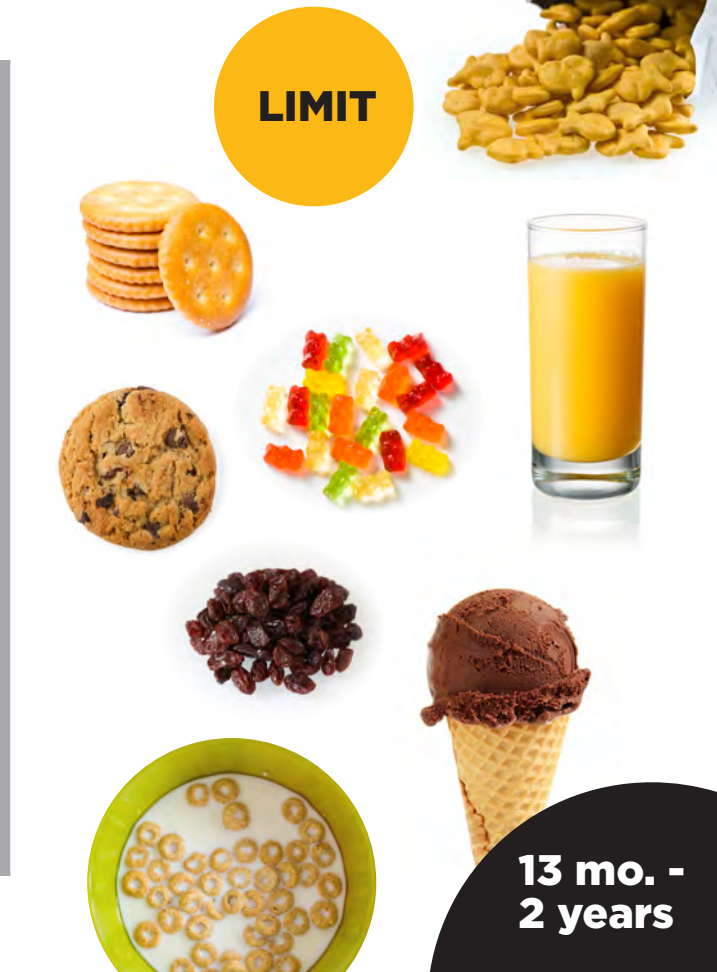
**Brush  
2x every  
day!**



**13 mo. -  
2 years**

## EATING & DRINKING HABITS

- Children should no longer be drinking from a bottle
- Offer water for thirst
- Avoid sugary beverages, including juice, soda and sports drinks
- Nothing in sippy cup except water
- Offer healthy foods/ snacks
- Limit to three meals and two snacks daily
- Its not what you eat but how often
- Frequently exposing children's teeth to sugar will cause cavities
- In addition to morning and evening mouth care, brush teeth or swish with water after eating



**13 mo. -  
2 years**

## WHAT TO DO

- Fluoride varnish
- Establish care with a dentist
- Caregivers should lift the lip to check teeth monthly to look for signs of decay

## BE AWARE

- Cavities and decay can happen at any age
- What to look for:
  - White spot lesions
  - Early childhood caries
  - Rampant tooth decay

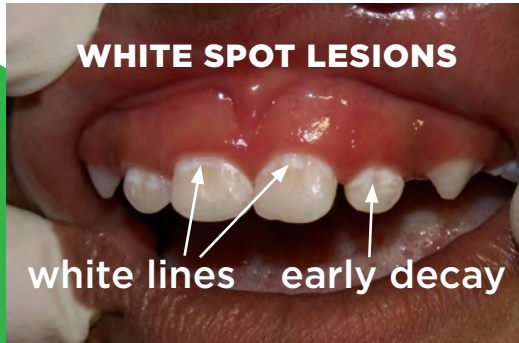


## PROTECT YOUR CHILD'S TEETH!

- Fluoride varnish
- Dental visits

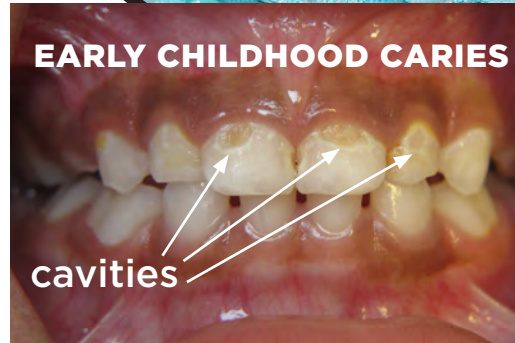
**Lift  
the  
lip!**  
look  
for:

### WHITE SPOT LESIONS



Decay is still reversible!

### EARLY CHILDHOOD CARIES



Decay is no longer reversible, but new lesions can still be prevented.

### RAMPANT TOOTH DECAY



**13 mo. -  
2 years**



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16oz

**17 tsp**  
**66 g**

**SUGAR**

## EXPECT

First molars  
around age 5

## TWICE DAILY

### Brush

- Parent brushes and supervises till age 8
- Comfortable position
- Pea sized amount of fluoride toothpaste when able to spit
- Focus on the gumline; hold the brush at an angle where the gums meet the tooth
- Small back and forth or circular motions
- All surfaces: inside, outside and biting surfaces

**Begin flossing** when  
teeth touch



Choose a  
comfortable  
position

**Brush 2x  
every day!**

**Begin flossing  
when teeth  
touch.**



**3 - 5  
years**

## EATING & DRINKING HABITS

- Offer water for thirst
- Avoid sugary beverages, including juice, soda and sports drinks
- Offer healthy foods/snacks
- Limit to three meals and two snacks daily
- Its not what you eat but how often
- Frequently exposing children's teeth to sugar will cause cavities
- In addition to morning and evening mouth care, brush teeth or swish with water after eating

**CHOOSE**



**LIMIT**



**3 - 5  
years**

## WHAT TO DO

- Fluoride varnish
- Establish care with a dentist
- Refer to a dentist for molar sealant when first molar appears (around age 6)
- Caregivers should lift the lip to check teeth monthly to look for signs of decay

## BE AWARE

- Cavities and decay can happen at any age
- What to look for: white spot lesions, early childhood caries, rampant tooth decay



## PROTECT YOUR CHILD'S TEETH!

- Fluoride varnish
- Dental visits
- Sealant

**Lift  
the  
lip!**  
look  
for:

### WHITE SPOT LESIONS



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**SUGAR**

## EXPECT

28 permanent teeth by age 13

## TWICE DAILY

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- Pea sized amount of fluoride toothpaste
- Focus on the gumline; hold the brush at an angle where the gums meet the tooth
- Small back and forth or circular motions
- All surfaces: inside, outside and biting surfaces

### Floss daily



**Brush 2x  
every day!**

**Floss daily**



**6+  
years**

## EATING & DRINKING HABITS

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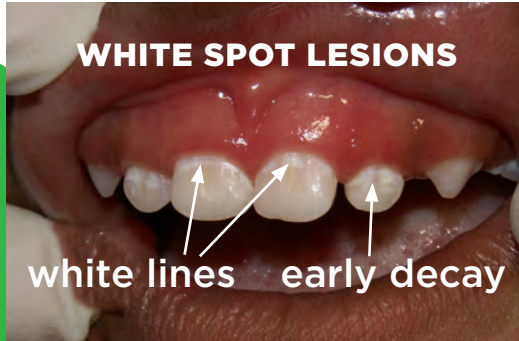


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- Dental visits
- Sealant

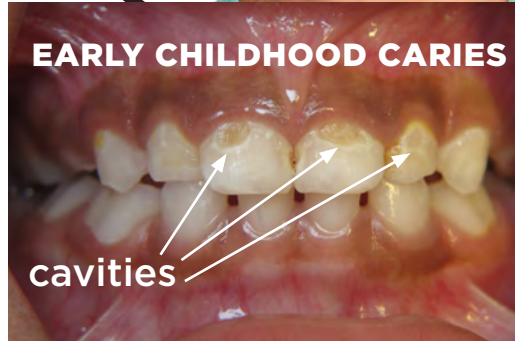
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