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| MEET YOUR MOUTH |  |
| IT’S PART OF YOUR BODY |  |
| Your Mouth and Kids |  |
| Start using a child-size toothbrush between the ages of 1-2 |  |
| and get a new toothbrush every 3-4 months when bristles look worn. |  |
| If you use toothpaste, do not use one containing fluoride unless instructed by your dentist. Around 18 months of age, start using a low-fluoride toothpaste. |  |
| Teach your child to brush their tongue to reduce bacteria, Brush twice a day and floss once |  |
| Take your child to the dentist after their 1 st birthday. This can help your child become |  |
| more comfortable with visiting the dentist. Dentists recommend supervising teeth brushing until your child is about 8 years old. |  |
| Sealants prevent the most cavities when applied soon after permanent molars come into the mouth (around age 6 for 1st molars and age 12 for 2nd molars). |  |
| Excessive thumb sucking or pacifier use can affect your child’s bite and oral development |  |
| More Information |  |
| After 6 years, start using a fluoride mouthwash to prevent tooth decay, this is when your child will start to lose their baby teeth. |  |
| Be sure to get dental X-rays around when your child loses their baby teeth. |  |
| Encourage them to wiggle it but refrain from pulling at the tooth. This can break roots and increase chance of infection. |  |
| Limit sugary snacks, especially when they are losing their baby teeth. |  |
| Minnesota Oral Health Coalition |  |