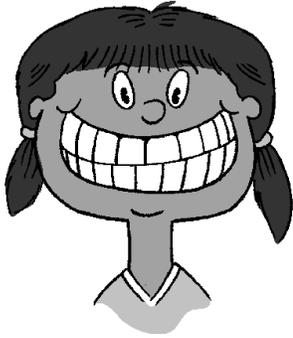


Oral Health for Children:



Parents can teach good habits for healthy mouths!

Teaching good oral hygiene techniques is important for your child's oral health *and* general wellbeing. If good oral hygiene is practiced from an early age, children who are old enough to grasp the toothbrush on their own will more likely be responsible for their own brushing.

IMPORTANT FACTS FOR EVERY AGE...

Birth to 3 months: *Focus on nutrition*

- Breastfeeding is the recommended source of infant nutrition
- Clean your infant's gums with a clean, warm washcloth daily

4 to 6 months: *Prepare for teething*

- Some options for teething relief include cold ring or washcloth, gently rubbing gums, and infant Tylenol (*only if recommended by your pediatrician*)
- Teething can be stressful on babies and parents alike! Ask for help if crying and sleepless nights are stressing you out

6 months to 1 year: *Begin brushing*

- Brush your child's teeth twice daily with a small dab of toothpaste
- Limit your child's drinks to milk and water to cut down on sugar intake...no juice or fruit drinks!

1 to 2 years: *Schedule a dental visit*

- The American Academy of Pediatric Dentistry recommends that all children see a dentist by the age of 2
- Continue to establish your child's oral health routine

2 years and older: *Teach good oral hygiene techniques*

- Proper techniques should be taught and reinforced including: brushing, flossing, and rinsing with mouthwash
- Parental assistance with a toothbrush should continue until age 8



4 easy ways to make oral health fun:

- 1. Use an electric or musical toothbrush, which often have a 2-minute time alert feature to remind kids (and parents) how long they should be brushing.**
- 2. Find a fun dental floss holder that makes it easier to fit in little mouths.**
- 3. Act out a pretend dentist appointment with your child to prepare for real visits.**
- 4. Brush TOGETHER! Your child will learn by watching your habits, and it's an easy, everyday way to show your child you care about their wellbeing!**

SCAN

Building hope for children & families
in Northern Virginia

Parenting can be tough, but asking for help doesn't have to be.
If you need help with other parenting challenges, reach out!

Call 1-800-CHILDREN or visit us online at

www.scanva.org



**ALLIES IN PREVENTION
COALITION**

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