

# CHILDREN'S ORAL HEALTH



Healthy Mouth  
Healthy You

## Preventative care is critical

- Brushing teeth twice a day
- Balanced diet
- Regular dentist visits
- Flossing regularly

## Tooth decay is the single most common chronic disease in children

Most oral health conditions are largely preventable and can be treated in their early stages

## Children free from dental pain are more likely to have improved concentration

Children are more likely to miss school due to tooth pain/infection

### 0-12 Months

- First tooth erupts
- First dental visit
- Caregiver: Begin brushing your child's teeth with a soft brush after their first tooth erupts

### 1-3 Years

- More primary (baby) teeth continue to come in
- Visit the dentist for preventative care (cleaning and check-ups) every 6 months
- Caregiver: Begin flossing your child's teeth

### 4-8 Years

- Start using primary teeth and first permanent molars erupt
- Preventative dental sealants may be needed
- Continue preventative dental care every 6 months

### 9-14 Years

- Most children have lost all primary teeth by age 13
- Orthodontics may be recommended
- Continue preventative dental care every 6 months