

TIPS FOR A HEALTHY MOUTH

PRACTICE PREVENTIVE CARE DAILY

POSITIVE ORAL HEALTH leads to improved overall health. Our tips will help everyone in your family maintain a healthy mouth.



BABIES & TODDLERS

- **GENTLY BRUSH A BABY'S GUMS** after every feeding with a baby toothbrush or washcloth
- **VISIT THE DENTIST** by a child's 1st birthday or as soon as the first tooth appears



FOR KIDS

- **USE A PEA-SIZED AMOUNT** of fluoride toothpaste, with a little more for older children
- **BRUSH A CHILD'S TEETH AGAIN** to ensure all teeth are reached
- **FLOSS ONCE A DAY** once there are two teeth that touch



FOR TEENS

- **DRINK WATER** to help dilute the acids in the mouth
- **LIMIT SPORTS DRINKS, COFFEE OR SODAS** to decrease tooth decay
- **WEAR A PROPERLY FITTED MOUTHGUARD** when playing sports



FOR OLDER ADULTS

- **TROUBLE SWALLOWING?** Use less toothpaste when brushing (or none at all)
- **CONSIDER A CHILD-SIZED TOOTHBRUSH** or electric toothbrush for dexterity impairments
- **DENTAL APPLIANCES** should be cleaned every day and stored in water when not in use
- **GIVE YOUR DENTIST AN UP-TO-DATE LIST** of medications and medical conditions



FOR THE WHOLE FAMILY

- **BRUSH YOUR TEETH** for two minutes, twice a day
- **REPLACE TOOTHBRUSHES** every 3-4 months
- **EAT A HEALTHY DIET** full of fruits and vegetables
- **AVOID ALL TOBACCO PRODUCTS**
- **VISIT YOUR DENTIST** twice a year for regular cleanings