

PROTECTING YOUNG PEOPLE'S TEETH

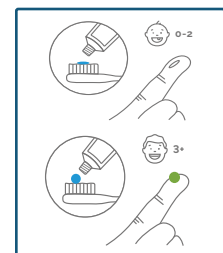
“We used to think that baby teeth weren’t very important. But we learned that they help children eat nutritious foods, speak clearly, and make room for permanent teeth.”

Here’s how:



Start with their very first tooth.

- Make brushing teeth part of the morning and bedtime routine and use fluoride toothpaste. (Fluoride is a mineral that helps protect teeth.) Use a soft toothbrush with a little toothpaste - the size of a grain of rice.
- As kids get older, help them learn to use a toothbrush. Once your child turns 3, use a pea-sized amount of toothpaste. You should squeeze the toothpaste and help brush until they are 6-8 years old.
- Take your baby to the dentist around their 1st birthday.



Welcome their permanent teeth.

- Ask your child’s dentist or doctor to put fluoride varnish on their teeth to prevent cavities.
- Once the teeth in the back of their mouth (molars) come in, protect them with sealants that can be applied by a dental professional.



A healthy diet is good for teeth.

- Include fresh fruits or vegetables at meals whenever you can.
- Limit sweet snacks like pan dulce and candy.
- Replace salty snacks like chips and pretzels with veggies or cheese instead.

Es mejor prevenir que lamentar.



Smoking, vaping and chewing tobacco are bad for your mouth

- Encourage your child or teenager to avoid tobacco products of all types. This includes:
 - » Cigarettes, cigars, cigarillos, hookahs
 - » E-cigarettes and vape (JUUL) products
 - » Smokeless or chewing tobacco
- They expose us to chemicals that cause cancer in the lips, cheeks, gums, and lungs. Smokers are twice as likely to lose their teeth as non-smokers.



HPV

Cancer of the mouth and throat, and other diseases caused by HPV (human papillomavirus), can be prevented with the HPV vaccine. Both girls and boys can start this vaccine when they are between 9 and 11 years old to prevent cancer later in life.



Sports

To protect teeth from injury, it is important for kids who play sports and other recreational activities to wear a mouthguard. Ask your dentist or doctor for more information.



Water is all-around good for your health!

Tap Water

- Tap water is safe to drink and costs less than bottled water.
- Most tap water contains fluoride, but most bottled water does not.
- Add a slice of citrus, cucumber, or mint to improve the taste of tap water.

Well Water

- Well water should be tested regularly to ensure it is safe to drink. Testing is available through most state or county public health departments.
- At the same time, well water can be tested to make sure it has the right amount of fluoride to protect your family's teeth.



Kids learn by watching the people around them.
Families can brush teeth, drink water, and eat healthy foods together!

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

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