

# DENTAL HEALTH ADVICE & TIPS



**Visit the dentist regularly.**

**Take your baby to the dentist by age 1 for the first dental check up.**

**Encourage parents to ask the dentist if their child needs sealants.**

**Best time to place a dental sealant is just after the permanent (adult) molars erupt (appear) and before decay begins.**

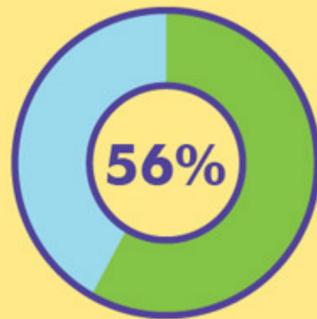
**Eat a nutritious (healthy) diet.**

**Reduce tooth decay by brushing twice a day with fluoride toothpaste.**

**Floss once a day.**



PREGNANCY IS A GOOD TIME TO CONSIDER YOUR OWN DENTAL HEALTH AND YOUR CHILD'S TOO.



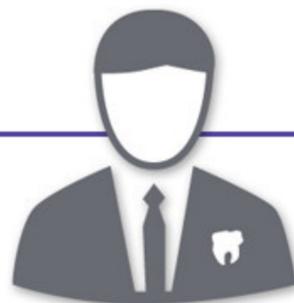
**56%**  
**of women** did not visit a dentist during pregnancy.

- While having a healthy mouth is always important, **pregnancy can intensify dental disease.**
- **Minor dental problems** that exist before pregnancy **could worsen.**
- **Oral infections** can also present risks to an expectant mother's overall health, **leading to other medical problems during pregnancy.**
- **Let the dental team know that you are pregnant, especially if an x-ray is required.**

## WHAT TO EXPECT...

### YOUR CHILD'S FIRST TRIP TO A DENTAL OFFICE

**During the exam, your dentist will:**



- 1 check** all of your child's **teeth for decay;**
- 2 examine** your child's **bite;**
- 3 look for** any potential **problems with the gums, jaw, and oral tissues;**
- 4 clean** your child's **teeth, if needed;**
- 5 assess** the **need for fluoride, if indicated;**
- 6 discuss** with you about **taking care of your child's teeth;**
- 7 discuss** dental **development issues; and**
- 8 answer** your **questions.**

## KEEP KIDS' MOUTHS HEALTHY



**For children under age 3, use a smear of fluoride toothpaste.**



**For children age 3 to 6, use a pea-size amount of fluoride toothpaste.**

**Do not let your child sip on sweet drinks through the day.**

**Give your child water to drink between meals.**

**If you put your baby to bed with a bottle, only fill it with water to prevent cavities.**

**2min 2x**

**Help your kids brush their teeth 2min2x** – 2 minutes each time, 2 times a day – for healthier teeth, good breath, fewer cavities, and to avoid painful dental problems.

**Replace toothbrushes every 3-4 months,** sooner if the bristles are worn out or if your children have been sick.

**For more information visit [www.oralhealth.ncdhhs.gov](http://www.oralhealth.ncdhhs.gov).**

