

Protect Your Child's Smile



12-18 Months



Tips for a Healthy Mouth

Brush teeth twice a day.
Floss once a day.
Go to the dentist twice a year.
Limit sugary snacks and drinks.
Drink water with fluoride.

For more information on oral health:

SC DHEC Division of Oral Health
www.scdhec.gov/oralhealth

SC Helpline for Women,
Children & Infants
Care Line Number: 1-800-868-0404

Connecting Smiles: an outreach effort to integrate preventive oral health information and resources into existing systems of care including medical and dental offices and community-based programs



Toothbrushes and Toothpaste for Toddlers

As soon as your child has a few teeth, he should have his very own soft bristled toothbrush.

When choosing a toothbrush for your child

- Soft bristles clean the teeth better.
- Choose smaller, child-sized toothbrush heads with large handles. In addition to being more comfortable, children's toothbrushes come in a variety of colors and patterns that young children like.
- Replace toothbrushes every three to four months, or sooner if your child chews on her toothbrush or has been sick.

Hints for choosing and using toothpaste

- A smear of toothpaste is recommended for children under age 3. The toothpaste should be applied by the parent and lightly spread along the head of the brush.
- Children's toothpaste contains the same amount of fluoride as adult toothpaste, so the amount of toothpaste must be carefully controlled and kept out of reach after brushing.
- Using too much toothpaste can lead to "fluorosis"—a staining of the teeth.

How to make brushing easier...

- Brush your child's teeth with your child lying down.
- Put your child's head on your lap or on the floor, keeping it steady with your legs.
- If your child is standing, have his back to you with his head tilted slightly and resting against your body.
- Have your child stand in front of the bathroom mirror while you brush his teeth, so your child can see what is being done.
- Let your child see you brushing your teeth.
- Create a toothbrushing routine...after breakfast and before bedtime.
- Make it fun...sing songs, make funny faces, use a tooth timer.

Two minutes of tooth time two times a day!

Note: A parent should help a child brush their teeth until at least age 7 or 8... until a child can easily tie their own shoes!

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Facts About Milk and Juice

MILK

Facts

- The calcium in milk helps keep teeth and bones strong.
- Milk does contain sugar, so teeth should be brushed after drinking.
- Mouths should be rinsed with water when a toothbrush is not available.

How to drink milk in a healthy way

- Toddlers need milk, but they should never be put to bed with a cup or a bottle filled with milk.
- Toddlers should not be allowed to drink milk all day long.
- Serve milk with meals.
- Toddlers should drink about 16 ounces of milk a day (approximately four half-cup servings).



JUICE

Facts

- 100 percent fruit juice can be good for your child.
- Fruit juice has natural sugars that can lead to decay if your child drinks too much of it.

How to use juice in a healthy way

- Wait until your child is at least 6 months old before giving him juice.
- Serve juice in a cup, never a bottle.
- Give only 4 to 6 ounces of juice each day.
- Dilute the juice by adding water.
- Encourage your child to eat fruit rather than drink fruit juice.



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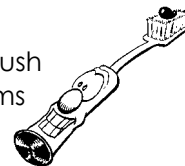
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How to Brush Your Child's Teeth!

Step 1:

Put a smear of toothpaste on the brush
Point the toothbrush toward the gums
Use gentle circles or back and forth wiggles

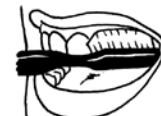


Step 2:

Top Teeth: Begin with the outside of the top teeth
Back, corner, front, corner, and back
Chewing surfaces:
Right and left



Step 2



Step 3:

Bottom Teeth:
Brush in same order as top teeth



Step 3



Step 4:

Rinse with water



Step 5:

Smile!!



Reminder: Be sure to brush in the morning and at night. Two minutes of tooth time two times a day!

It is a good idea to brush your child's tongue to remove bacteria and keep their breath fresh!

A parent should help a child brush their teeth until at least age 7 or 8... until a child can easily tie their own shoes!

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Eating Away at Tooth Decay

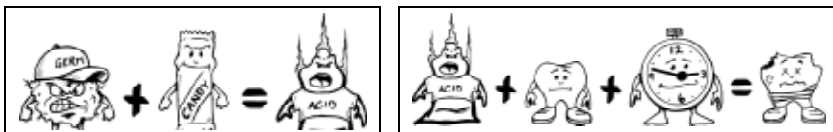
Eating healthy and smart is good for dental health. A good diet helps teeth grow properly and keeps gums healthy.

What, When and How Often...

What you eat is important for healthy teeth, but it's just as important to be careful about when and how often you eat.

How do cavities happen?

- Cavities can develop when sugary foods or starchy foods stay on the teeth for a long time.
- Cavity causing germs that live in the mouth eat these foods and make an acid that eats away at teeth.
- If you eat sugary or starchy foods all day, you are making acid all day long. That acid eats away at the tooth.



What can you do to eat away at decay?

- Eat breakfast, lunch and dinner every day.
- Eat no more than two to three snacks a day and try to make them good foods like fruits, raw vegetables and cheeses. If you can't brush, try to rinse your mouth with water.
- If you eat sugary or starchy foods, eat them as part of a meal rather than as a snack. Water, milk or juice will help wash away the food from your teeth.
- Avoid sticky foods unless you can brush right away. These foods get between teeth and are hard to remove from the grooves on the tooth surface.

