

Protect Your Child's Smile



All Ages



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



Is Your Home Safe? Preventing Dental Injuries in the Home

- **Do you have safety locks on your cabinets?** Children may eat medicines or poisons.
- **Are all cords kept out of reach, including appliances and blind and drapery cords?** Small children may chew on cords leading to electric shock or damaged teeth. They can also strangle themselves with cords.
- **Do you have safety gates placed at the top and bottom of stairs?** Children can fall down stairs and hurt their mouths and teeth.
- **Are play areas safe? Is the equipment well-maintained and appropriate for the age of your child?** Children can fall off playground equipment and hurt their mouths and teeth.
- **Is your child playing with toys that are appropriate for their age and stage of development?** Toys with small parts can choke your child, break his teeth, or get stuck in noses and ears.
- **Do you tell your child not to put things in his mouth?** Things in your child's mouth can cause choking or break his teeth.
- **Do you watch your child when she is eating or playing?** Watch your child to make sure she doesn't do anything that can hurt her.
- **Is your child strapped into a high chair or booster seat when eating?** Children can fall out of high chairs and booster seats and hurt their mouths and teeth.
- **Do you let your child walk around the house with sippy cups or popsicles?** Children can fall and hurt themselves with the cup spouts or popsicle sticks.



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Responding to a Dental Emergency

Keep this chart with your first aid information and supplies and use as a guide for teeth and mouth injuries.

Emergency	What To Do?
Toothache	<ul style="list-style-type: none"> Child needs to see a dentist as soon as possible. Do not use heat or place aspirin on aching tooth or gums.
Permanent Tooth Knocked Out	<p>If a tooth is knocked out, it can be saved if you act quickly and appropriately:</p> <ul style="list-style-type: none"> Find the tooth. Do not handle it by the roots. If dirty, rinse with warm water. Do not scrub it. Gently insert in its socket. If unable to do this, place the tooth in a glass of milk. As last resort, place tooth in a glass of water. The tooth must not dry out! Take the child and the tooth immediately to the dentist.
Baby Tooth Knocked Out	<ul style="list-style-type: none"> Do not try to put a baby tooth back in the socket. Place in cool milk or water. Take the child and the tooth immediately to the dentist.
Broken Tooth	<ul style="list-style-type: none"> Gently clean dirt or debris from the area of the injured tooth with warm water. Place cold compresses on the face, in the area of the injured tooth to minimize swelling. Go to the dentist immediately. Apply direct pressure to the bleeding area with a clean cloth.
Bitten Lip or Tongue	<ul style="list-style-type: none"> Apply direct pressure to the bleeding area with a clean cloth. If swelling is present, apply cold compresses. If bleeding continues, go to the hospital emergency room.



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Nutrition and Your Child's Dental Health

What, when and how your children eat affects their dental health.

- Serve fruit, vegetables, whole grain products, and dairy products. Healthy dairy products include milk, cottage cheese, cheese, and unsweetened yogurt.
- Only serve foods containing sugar at mealtimes. Limit the amount and the frequency. Remember that foods such as candy, cookies, cake and sweetened drinks increase your child's risk of tooth decay.
- Limit the eating of sticky foods such as fruit roll-ups, caramels, Tootsie Rolls, and Starbursts.
- If your child drinks bottled water, use a brand that contains fluoride.
- Limit eating between meals. Serve age-appropriate healthy foods during planned meals and snacks.
- Do not allow your child to share eating utensils or cups. Germs that cause tooth decay can be passed from parent to child. If your child is thirsty, offer water or milk. If your child drinks anything other than water at bedtime, make sure to clean his teeth afterward.

Healthy Snacks	Sugary Snacks to Limit or Avoid	Sugary Drinks to Limit or Avoid
Raw Vegetables	Chocolate Candy	Soda
Low-Fat Yogurt	Cookies and Cake	Fruit Drinks
Fruits	Ice Cream	Juices
Low-Fat Cheese	Chewy Candy	Kool Aid
Peanut Butter	Fruit Roll-ups	Sports Drinks
Pretzels	Doughnuts	Flavored Teas