

HOW TO PROTECT a child's mouth

DID YOU KNOW IT'S IMPORTANT TO CARE
FOR A CHILD'S MOUTH FROM BIRTH?

Building good oral health habits early lays
the foundation for healthier, happier futures.

TAKE CARE OF AN INFANT'S MOUTH



Gently **wipe a baby's gums** after each feed. Use a clean, moist gauze pad or soft cloth.



Place only breast milk, formula, milk or water in bottles. **No sugary drinks**, including sugary milk and water.



Discourage thumb sucking, pacifier use and sippy cups.



Refrain from allowing babies to fall asleep with a feeding bottle in their mouths.

PREVENT TOOTH DECAY BY BRUSHING



Start brushing as soon as the **first tooth** appears.



Supervise toothbrushing until the child is able to brush their teeth correctly on their own.



Use a **fluoride toothpaste**. Under 3 years use a smear. 3 to 6 years use a pea-sized amount.

X2



Brush twice a day. It is especially important before bedtime.

BUILD GOOD HABITS FOR WHOLE-BODY HEALTH



Limit foods and drinks that are high in sugar, especially in-between meals.



Ensure that a **mouthguard is worn** for contact sports and cycling.



VISIT THE DENTIST REGULARLY

Take the child for a **check-up** as soon as the first tooth comes in or by their first birthday.

Schedule regular dental check-ups.



World Oral
Health Day
20 March

worldoralhealthday.org

#WOHD25

#HappyMouth

