HOW TO PROTECT CONTROLLED MARCHANT TO CARE

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.

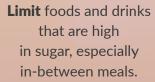
Under 3 years use a smear. 3 to 6 years use a pea-sized amount.



Brush twice a day.

It is especially important before bedtime.

BUILD GOOD HABITS FOR WHOLE-BODY HEALTH





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.



worldoralhealthday.org #WOHD25 #HappyMouth

