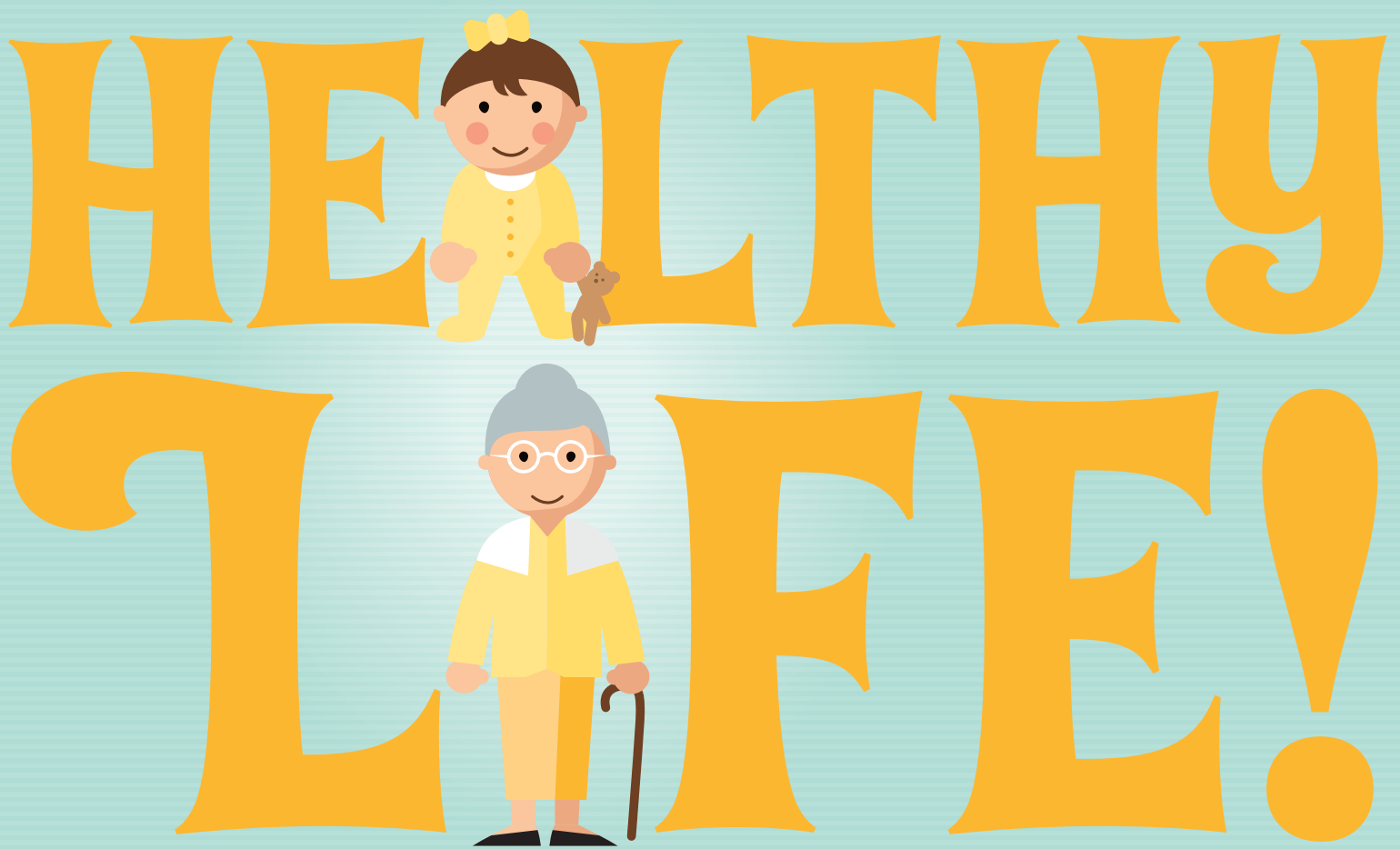


HEALTHY LIFE!



How you take care of your mouth effects your overall health. This guide includes tips on nutrition, as well as oral care for the entire family from infants to seniors and a special section on caring for NICU babies. Follow these tips for a lifetime of good oral health.

Choosing healthy food and drinks is one of the best ways to have a healthy mouth.

Small changes can make a big difference!

Make one of these easy changes to boost nutrition and save your smile:



Replace sugary cereal with whole grain oats.



Add a veggie to every meal.
Choose fruit for snack.



Always brush after having sugary drinks and juice.

America's ToothFairy is working to improve the oral health of families with the financial support of GC America. We help support service delivery, educate caregivers, and reinforce the importance of oral health for the entire family and across the United States.

Learn more at AmericasToothFairy.org.



BABIES

Your oral health begins developing before you are even born. Follow these tips to get started right!

less than 1 year

When you keep your mouth healthy your baby will be healthier too.



Visit your dentist while you are pregnant. Caregivers can pass along germs that may cause cavities.



Avoid passing germs that may infect your baby's teeth when they come in. Wash pacifiers in warm, soapy water—not with your mouth.



Take your baby to the dentist when the first tooth appears or before their first birthday.



Avoid putting your baby to bed with a bottle or sippy cup containing anything but water.

feeding time



Before: Wash your hands, baby's hands, and bottles.



After: Clean mouth, cheeks and hands with a soft cloth and water.



Once baby's first tooth erupts, use a small, soft toothbrush with a smear of fluoride toothpaste.



TODDLERS

Follow these tips to help children develop healthy habits to last throughout their life.

1 to 5 years

Demonstrate healthy oral habits—brush and floss together every day.



Brush your child's teeth two times each day, especially before bedtime. Use a smear of fluoride toothpaste for children under age 2 and a pea-sized amount for children older than 2 years.



Visit the dentist for a check up every six months.



Prevent dental injuries by playing on playgrounds surrounded by a soft surface such as sand, mulch or rubber mats.



Instead of sugar-sweetened drinks or juice, give your child water.



Avoid starchy, sticky or sugary snacks.



KIDS & TEENS

Keep up with regular dental visits!
Guide older kids to make healthy food choices to carry through adulthood.

6 to 18 years

Introduce new oral health skills like daily flossing and use of fluoride rinse.



Post a calendar in the bathroom and reward kids with a gold star for each day of great oral care!



Replace toothbrushes every three months and after every illness to avoid bacteria and germs.



Clean orthodontic appliances daily using a denture-cleansing bath. Rinse well.



Prevent dental injuries while playing sports by wearing a mouthguard.



Drink water instead of sugary drinks and juice.



ADULTS

As teeth age extra precautions should be taken to avoid decay and tooth loss.
Regular dental visits are essential!

middle-age to seniors

Aging teeth and gums need extra gentle care to avoid erosion and recession.



Try an electric toothbrush with soft bristles for gentle cleaning.



Arthritis can complicate flossing. Try pre-threaded flossers, tiny brushes or water flossers.



Medications can cause dry mouth, increasing risk of decay. Ask your dentist about treatment.



Stay hydrated by drinking water daily instead of sugary drinks and juice.



HEALTHY MOM & BABY



Healthy Tips for NICU Babies and Moms



When you keep your mouth healthy your baby will be healthier too. You can pass germs to your baby's mouth that may cause cavities when your baby's teeth come in.

Follow these tips to protect your baby's sweet smile!



Brush your teeth
two times every day.



Visit a dentist while pregnant
to keep your mouth healthy.



Floss between your
teeth every day.



Keep seeing your dentist for
a check up every six months.

Healthy BABY

Before feeding:



Wash your hands and baby's hands



Wash bottles and feeding tubes

After feeding:



Clean your baby with a soft cloth and warm water



Even if your baby is tube feeding, wipe baby's mouth at least

2 times a day



Take your baby to the dentist before their first birthday.

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