

NATIONAL CHILDREN'S DENTAL HEALTH MONTH

ORAL HEALTH FACTS

- ✓ DID YOU KNOW ONLY 69% OF TODDLERS IN NEW MEXICO WENT TO A DENTIST FROM 2015-2016?
- ✓ BEGIN HEALTHY HABITS EARLY IN YOUR CHILD'S LIFE
- ✓ TOOTH DECAY IS ALMOST ENTIRELY PREVENTABLE
- ✓ LIMIT SUGARY FOODS & DRINKS
- ✓ 2 IS TOO LATE! TAKE YOUR CHILD TO SEE A DENTIST BY THEIR 1ST BIRTHDAY
- ✓ PREVENT CAVITIES BEFORE THEY START. THE AGE 1 DENTAL VISIT IS QUICK AND EASY AND CAN GREATLY REDUCE THE RISK OF DEVELOPING CAVITIES AND OTHER DENTAL PROBLEMS



How to take care of my teeth



Make healthy choices



Brush my teeth twice a day



Floss my teeth daily



Eat fruits and vegetables instead of sugary foods



Drink water instead of juice or sodas



Visit my dentist regularly



GUIDE TO CARING FOR YOUR CHILD'S TEETH

Birth to first tooth

Clean baby's gums with a clean soft washcloth after feedings to remove unwanted bacteria and debris

First tooth to 3 years old

Use a smear of toothpaste to brush child's teeth twice a day -- parent/caregiver should be doing the brushing



Begin healthy habits: brush daily, limit sugar in food and beverages, and drink water

Start preventive dental visits by child's first birthday

3 years old to adulthood

Brush teeth twice a day -- parent/caregiver to continue doing the brushing at least until child can tie their shoes

Begin flossing daily when teeth begin to touch

Visit dentist every 6 months for preventive care

