



# *A Parent's Checklist For Children's Oral Health*



## *Infant Care*

- Use a washcloth or small amount of gauze to gently wipe your child's gums even before his or her teeth begin to come in.
- Ensure your child only eats healthy foods.
- Give your child lots of milk and water to drink; avoid juice and other sugary drinks.
- Do not use fluoride toothpaste until after age 2.
- Find a pediatric dentist and schedule your child's first appointment as soon as his or her first tooth emerges, no later than his or her first birthday.
- Continue to schedule regular dental checkups.
- Limit snacks.
- Switch from bottles to cups after your child's first birthday, unless bottles are medically necessary.
- A frozen teething ring or a cool spoon can help alleviate teething pain.



## *Toddler Care*

- Toddlers usually begin to brush their own teeth around age 2, but may need assistance up to age 5.
- Use a pea-sized amount of fluoride toothpaste when brushing toddlers' teeth.
- Don't allow your child to swallow toothpaste.
- Choose a child-sized toothbrush with soft bristles.
- Brush inside surfaces of the child's teeth first, angling bristles toward the gumline.
- Next, clean outside surfaces of your child's teeth, brushing gently the entire time.
- Finally, brush the chewing surfaces of the teeth.
- Start a brushing routine well before bedtime so your child won't be too tired to brush.



## *School-Age Child Care*

- Continue to encourage your child to brush and floss regularly.
- Routine checkups remain important as your child gets older.
- If your child participates in sports or PE classes, make sure he or she wears a properly fitted mouth guard to protect teeth.
- Promote healthy eating by preparing healthy lunches that don't include soft drinks or sugary foods.
- If your child eats lunch in the school cafeteria, review the menu and recommend more balanced choices with your child.



*Natomas Crossing  
Dental Care*

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