

# Pediatric Dental Care



## PREVENTION



Brush 2x Daily



Floss Regularly



Use Antibacterial Mouthwash



See a Dentist Twice a Year



## FLUORIDE

- Fluoride helps prevent tooth decay when used as recommended.
- Babies should get a topical fluoride application for dental development.
- Choose a toothpaste with fluoride and seal of acceptance from the American Dental Association®.
- Too much fluoride can be unsafe, so keep out of children's reach.

## TIMELINE OF CARE

Age 0



Breastfeed infants if possible.

Age 1



Children should see a dentist within six months of first tooth.

Age 2



Children should start seeing a dentist twice a year.

Age 2+



Thumb-sucking should have stopped. If not, ask a dentist for help.

## TOOTHPASTE TIPS

- Children's toothpaste is **not** harmful if swallowed.
- Children should switch to adult toothpaste once they learn to spit out toothpaste.
- At first, brush your child's teeth since children do not brush well.
- For safety, do not let children walk around while they brush.



Apply toothpaste to your child's brush to avoid them swallowing large amounts of toothpaste:

Age <2



Thin Smear of Toothpaste

Ages 2-5



Pea-Size Dab of Toothpaste

## CHEW ON THIS

Balanced diets are best for dental health.



Carbohydrates and sugars place children at risk for tooth decay and cavities.



Fruits



Veggies



Grains



Milk



Proteins



Don't put children to bed without brushing after they drink milk, juice, or formula.

IN NEED OF ASSISTANCE?  
CALL ★  
**2-1-1**  
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Sources:  
American Academy of Pediatric Dentistry  
Salvation Army Dental Clinic, Johnstown, PA

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