

## You can take care of your own oral health care! You're old enough to be responsible.

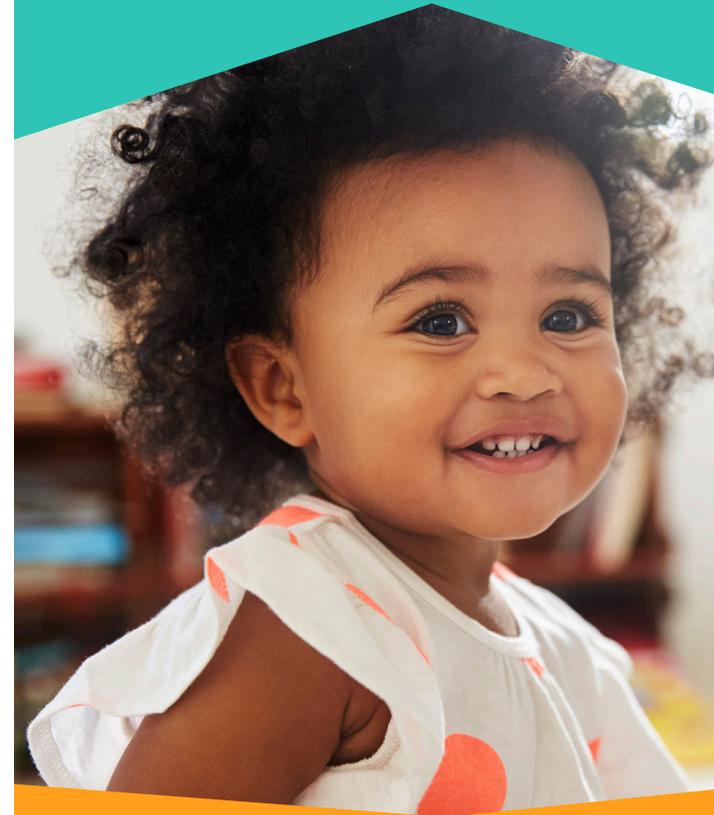
- Visit the dentist 3 every 6 months.
- Get help to schedule an appointment from the adults in your life!
- Use your device (phone, tablet, smartwatch) to keep track of your appointments!

Strong, healthy teeth build and maintain confidence! Be proud of your smile and ask for help when you know your oral health care routine should be better.

Good oral health is cool, so tell your siblings and your friends to keep brushing.

- Tooth decay is entirely preventable
- Brush twice a day and floss everyday
- First dental appointment by age 1
- Take care of baby teeth
- Visit the dentist twice a year
- Avoid sticky, starchy, sugary foods
- Fluoride helps prevent tooth decay
- Parents are powerful role models

# Oral Health Guidelines for Newborns and 0-5 Year Olds



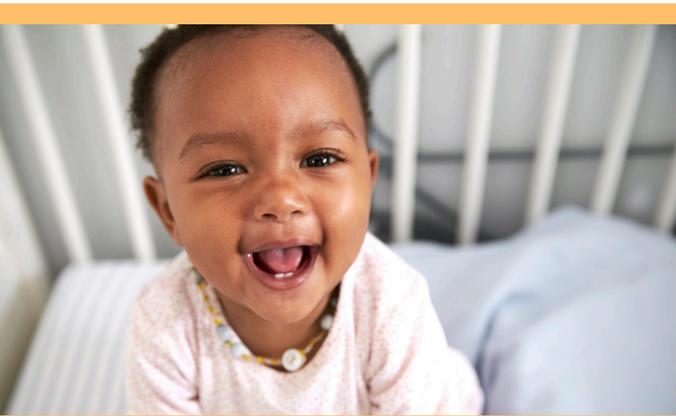
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[www.cavityfreesf.org/taskforces-bayview-hunters-point/](http://www.cavityfreesf.org/taskforces-bayview-hunters-point/)

Bayview Hunters Point  
Children's Oral Health Taskforce  
& APA Family Support Services

## Baby teeth are just as important as permanent teeth! Take care of them!

- Good health and nutrition
- Self-confidence and self-esteem
- Minimizes likelihood of overcrowding in permanent teeth



- Necessary for speech development
- Not distracting in classroom settings or cause absences from school
- Good oral health habits for a lifetime

With tooth decay, bacteria spreads among teeth, and infection travels from the mouth to your body or others. For healthy teeth, eat healthy, crunchy fruits and vegetables. Brushing and fluoride reduce bacteria and subsequent tooth decay allowing us to have good health and good nutrition.

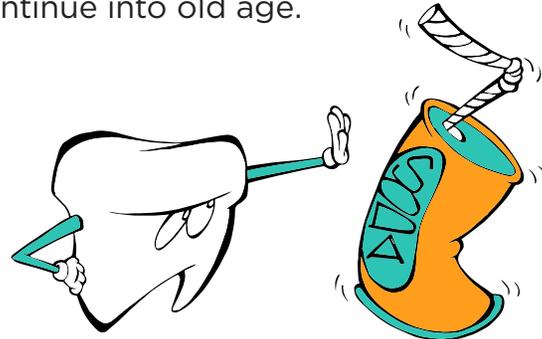
With decayed, chipped, and colored teeth, your child may avoid speaking in class or spending time with others completely. Healthy teeth give your kids the self-confidence and self-esteem to be themselves and have frequent, positive social interactions.

Bacteria make abscessed teeth swollen, inflamed, and more likely to be removed than healthy teeth. Without placeholders, when permanent teeth grow in, they do not have enough room. This leads to overcrowding. Healthy teeth act as placeholders for permanent teeth to grow in.

Without a full set of healthy teeth, kids may have trouble pronouncing the “th” and “la” sounds. Some kids may even need speech therapy. With a full set of teeth, it is easier to be understood.

Tooth pain can lead to school absences and a lack of attention in classes. Students do not do as well in school. Kids with healthy teeth have fewer complaints in school.

Good habits taught at a young age continue into old age.



**Brush, book, bed** is a successful routine that you can think about using in your house.

**Brush:** in the evening, brush teeth for two minutes. (You must also brush in the morning for a total of two times a day)

**Book:** Just 15 minutes of reading aloud per day can vastly improve your child’s language development

**Bed:** Time for sleep!

Brush, book, bed can and should start early. For newborns under the age of 1, the term ‘brush’ should be swapped for ‘wipe.’ Make sure to wipe, book, bed. ‘Wipe’ refers to using a damp cloth of gauze to wipe left over food off of your baby’s gums. Remember to do this after every meal.

Your baby’s oral health care begins before the first tooth grows in!