

Dental Health Month



Taking care of your mouth and teeth throughout your whole life can help prevent problems as you get older. Taking care of your teeth means brushing and flossing every day and seeing the dentist regularly.

Infants and children

The first set of teeth is already almost completely formed at birth. At first these teeth are “hiding” under the gums. These teeth are important, because after they come in, they let your baby chew food, make a nice smile and talk well. Your baby’s first set of teeth also holds the space where permanent teeth will eventually be. They help permanent teeth grow in straight.

You can care for your baby’s teeth by following these suggestions:

- Clean the new teeth every day.
- Children under 2 years shouldn’t use toothpaste. Instead, use water.
- Teach your children how to brush their teeth.
- Take you child to the dentist regularly. This should start at age one.



Teens and Adults

Taking good care of your mouth and teeth will help you have pleasant breath, a nice smile and fewer cavities. It can also avoid tooth loss, painful gums and other problems. Here are some simple things you can do:

- Brush your teeth at least twice a day with a fluoride toothpaste.
- Floss your teeth at least once a day.
- Don’t smoke or chew tobacco, which can stain your teeth and give you bad breath.
- Look inside your mouth regularly for sores that don’t heal, irritated gums or other changes.
- Ask your doctor if your medicines have side effects that might damage your teeth.
- Wear protective headgear while playing contact sports.