

Dental Decay is the Most Common
Chronic Childhood Disease

NEBRASKA

Early Dental Health Starter Kit



☺ As soon as your baby is born, good daily oral hygiene habits should start for a Lifetime of Smiles.



☺ Even before your child's baby teeth erupt, it is necessary to keep their mouth and gums clean.

☺ Baby teeth are important and help your child eat, talk, smile and develop properly.



☺ Baby teeth begin to erupt at about 6 months and continue until around age 3.

☺ A child has a total of 20 baby teeth and they will start to fall out close to age 6.



☺ The front baby teeth come out first followed by the back teeth around age 10 to 12.

All children should visit their dentist after their first tooth erupts or by age one for a dental consultation.



*Change toothbrushes 3 - 4 times a year and never share with another child.
Never put your child to bed with a bottle of milk or juice at nap or night time!*

Age Range Guidelines:



0 - 6 months

- ☺ **Newborn Oral Finger Swab** fits over an adult finger; make wet with water and rub over the upper and lower gums to remove food debris.



6 months - 2 years

- ☺ **Infant Finger Toothbrush** also fits on an adult finger; can use with water or a smear-size amount of toothpaste to remove dental plaque as the teeth start to erupt.



2 - 3 years

- ☺ **Baby Toothbrush** start to use when your baby can first hold things; it has soft bristles and a large grip handle. Use with smear-size amount of toothpaste.



3 - 4 years

- ☺ **Toddler Toothbrush** can be used by young child who can start to brush on their own. Use with a pea-size amount of toothpaste.



5 - 6 years

- ☺ **Child Toothbrush** for larger child who has better brushing skills and more space in their mouth. Use with a pea-size amount of toothpaste.



Timer

- ☺ **Tooth Timer** and all of these items should be used for two minutes, twice a day, every day.

Oral hygiene aids should be utilized only under adult supervision and suggested ages may vary. Toothpaste should contain flouride as recommended by the American Dental Association.

To find a Dentist contact the Nebraska Dental Association at 402-476-1704 or http://www.nedental.org/oral_health/find_a_dentist.html

For more information, contact the Office of Oral Health and Dentistry: dhhs.ne.gov/dental

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