



Good Oral Health Begins At Infancy.



Encouraging tooth-healthy habits at an early age and reinforcing healthy behaviors throughout adolescence and adulthood will help keep teeth cavity-free and your smile bright.

LIFE STAGE 1: THE FIRST YEARS	YES	NO
Wipe the baby's gums with gauze after every feeding		
Remove bottles while the baby sleeps to prevent baby bottle tooth decay		
When teeth appear, begin brushing routine with a rice-sized amount of toothpaste		
Schedule first dental appointments at the ages of 2 or 3		
LIFE STAGE 2: ELEMENTARY YEARS		
Child should brush thoroughly twice a day		
Flossing and rinsing should be introduced as part of their regular routine		
Supervise brushing to make sure it's done properly		
Schedule regular preventative care appointments		
LIFE STAGE 3: TEEN YEARS		
Limit sugary food and drinks and have tooth-healthy nutritional choices available		
Brush, floss and rinse thoroughly twice a day using a fluoride toothpaste		
Protect teeth with a mouthguard if participating in sports		
Schedule regular preventative care appointments		
LIFE STAGE 4: ADULT YEARS		
Brush, floss and rinse thoroughly twice a day using a fluoride toothpaste		
Choose tooth-friendly food and drink options		
Stay away from tobacco products		
Schedule regular preventative care appointments		



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