



Color the star on the days you brush your teeth 2 times for 2 minutes.

This chart belongs to:



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
week 1							
week 2							
week 3							
week 4							

Healthy MOM

When you keep your mouth healthy your baby will be healthier too.



You can pass germs to your baby's mouth that may cause cavities when your baby's teeth come in.

Follow these tips to protect your baby's sweet smile!



Brush your teeth two times every day.



Floss between your teeth every day.



Visit a dentist while pregnant to keep your mouth healthy.



Keep seeing your dentist for a check up every six months.

PROVIDED BY



National Children's Oral Health Foundation®

AmericasToothFairy.org

Healthy MOM

&

Healthy BABY

NEXT DENTAL VISIT

MOM: ___ / ___ / ___

BABY: ___ / ___ / ___

Healthy Tips
for NICU Babies
and Moms





Healthy moms
KNOW
for healthy babies to
GROW
she must keep her teeth
CLEAN
and the spaces
BETWEEN



Healthy BABY

Before feeding:



Wash your hands
and baby's hands



Wash bottles and
feeding tubes

After feeding:



Clean your baby
with a soft cloth
and warm water



Even if your baby
is tube feeding, wipe
baby's mouth at least

2 times
a day



Clean cheeks
and hands

Wipe lips, tongue
and inside mouth



Take your baby to the dentist
before their first birthday.

Healthy MOM

When you keep your mouth healthy your baby will be healthier too.



You can pass germs to your baby's mouth that cause cavities when your baby's teeth come in. Do not "clean" a pacifier with your mouth, blow on your baby's food to cool it or share utensils.

Follow these tips to protect your baby's sweet smile!



Brush your teeth two times every day.



Floss between your teeth every day.



Have your teeth cleaned by a dentist when you are pregnant.



See your dentist for a check up every six months.

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Healthy MOM

&

Healthy BABY

NEXT DENTAL VISIT

MOM: ___ / ___ / ___

BABY: ___ / ___ / ___

Healthy Tips
for Pregnant Moms
and Infant Caregivers





Healthy moms

KNOW

for healthy babies to

GROW

she must keep her teeth

CLEAN

and the spaces

BETWEEN



Healthy BABY

Before feeding:



Wash your hands and baby's hands



Wash bottles and utensils

After feeding:



Clean up with a soft cloth and warm water



Give your baby water instead of juice or milk throughout the day or when putting your baby to bed.



When the first tooth appears, brush twice a day with a smear of fluoride-free toothpaste*.



Take your baby to the dentist before their first birthday.



Clean cheeks and hands

Wipe lips, tongue and inside mouth after each feeding

* Fluoride toothpaste can be used for children over 2 years old.

Healthy FAMILY

How you take care of your mouth effects your overall health. Follow these tips for a lifetime of good oral health.



Choosing healthy food and drinks is one of the best ways to help your family have healthy mouths.

Small changes make a big difference!
Make one of these easy changes to boost nutrition and save your smile:



Replace sugary cereal with whole grain oats.

Add a veggie to every meal.
Choose fruit for snack.



Limit sugary drinks and juice to mealtimes only.
Always brush afterward!



Healthy LIFE



America's ToothFairy is working to improve the oral health of families across the nation by supporting service delivery, educating caregivers, and reinforcing the importance of oral health for the entire family.

Learn more at AmericasToothFairy.org.

Oral Health Tips for the Whole Family



BABIES

Your oral health begins developing before you are even born. Follow these tips to get started right!

less than 1 year

When you keep your mouth healthy your baby will be healthier too.



Visit your dentist while you are pregnant. Caregivers can pass along germs that may cause cavities.



Avoid passing germs that may infect your baby's teeth when they come in. Wash pacifiers in warm, soapy water—not with your mouth.



Take your baby to the dentist when the first tooth appears or before their first birthday.



Avoid putting your baby to bed with a bottle or sippy cup containing anything but water.

feeding time



Before: Wash your hands, baby's hands, and bottles.



After: Clean mouth, cheeks and hands with a soft cloth and water.



Once baby's first tooth erupts, use a small, soft toothbrush with a smear of fluoride toothpaste.



TODDLERS

Follow these tips to help children develop healthy habits to last throughout their life.

1 to 5 years

Demonstrate healthy oral habits—brush and floss together every day.



Brush your child's teeth two times each day, especially before bedtime. Use a smear of fluoride toothpaste for children under age 2 and a pea-sized amount for children older than 2 years.



Visit the dentist for a check up every six months.



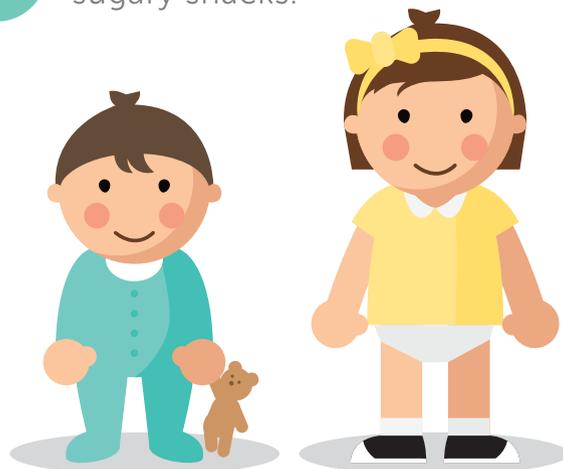
Prevent dental injuries by playing on playgrounds surrounded by a soft surface such as sand, mulch or rubber mats.



Instead of sugar-sweetened drinks or juice, give your child water.



Avoid starchy, sticky or sugary snacks.



KIDS & TEENS

Keep up with regular dental visits! Guide older kids to make healthy food choices to carry through adulthood.

6 to 18 years

Introduce new oral health skills like daily flossing and use of fluoride rinse.



Post a calendar in the bathroom and reward kids with a gold star for each day of great oral care!



Replace toothbrushes every three months and after every illness to avoid bacteria and germs.



Clean orthodontic appliances daily using a denture-cleansing bath. Rinse well.



Prevent dental injuries while playing sports by wearing a mouthguard.



Drink water instead of sugary drinks and juice.



ADULTS

As teeth age extra precautions should be taken to avoid decay and tooth loss. Regular dental visits are essential!

middle-age to seniors

Aging teeth and gums need extra gentle care to avoid erosion and recession.



Try an electric toothbrush with soft bristles for gentle cleaning.



Arthritis can complicate flossing. Try pre-threaded flossers, tiny brushes or water flossers.



Medications can cause dry mouth, increasing risk of decay. Ask your dentist about treatment.



Stay hydrated by drinking water daily instead of sugary drinks and juice.

