

# THE CHATTER

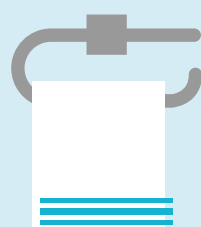
Oral Health Advice from Delta Dental of Arkansas

Celebrate National Children's Dental Health Month

Share these tips with the little chewers in your life.



## Baby basics



Before teeth come in, wipe baby's gums with a soft, clean cloth after each feeding.



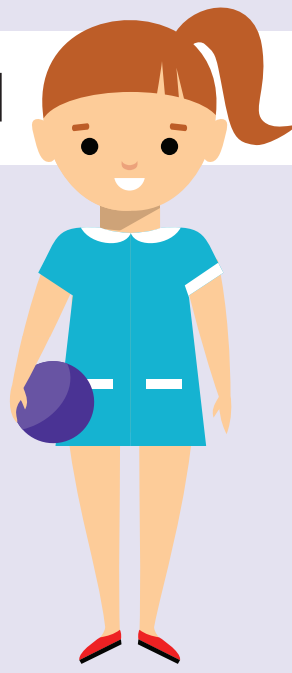
Babies should see the dentist by age 1 or 6 months after the first tooth comes in.

When a tooth pops up, use a small, soft-bristled toothbrush twice daily. No toothpaste is needed yet.



A pea-sized amount of fluoride toothpaste is all that's needed for children 3-6 when brushing twice a day.

## Kidding around



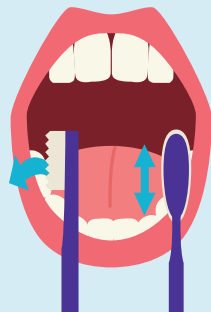
Supervise your child's brushing until age 8 and flossing until age 10.



Putting sealants on newly-erupted molars can help prevent cavities.



## Teen teeth



Make sure your teen continues to brush twice a day and floss daily.

All permanent teeth should be in by age 13.

Mouth guards are a must for almost every sport during both practices and games.



## Realize you're a role model

The best oral health habits start at home, so make sure you're setting a good example for the kids in your life. Brush your teeth twice a day, floss daily, and help them do the same. And, don't forget to make regular dental appointments for cleanings and exams for the whole family.

For more oral health tips and information, visit our blog.