



SIGNS TO WATCH FOR

Gums that
are red,
swollen, or
bleeding

Ongoing
bad breath
or dry mouth

Tooth pain
or
sensitivity

Spots or
holes on
teeth

Did you know?



Some tooth decay can be treated without drilling. Silver diamine fluoride (SDF) can help stop decay from getting worse. Ask your medical or dental provider if SDF may be an option.



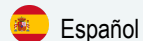
Learn more about the Spruce coalition.

www.sprucethemoose.org

Access this resource in other languages: www.sprucethemoose.org/resources



عربي



Español



Français



Lingala



Português



Somali



SPRUCE UP

YOUR SMILE!

Tips for Daily Care and When to Get Help



From baby teeth to adult teeth,

healthy habits matter at every age.



BEFORE + FROM THE FIRST TOOTH

0-2 YEARS

- Wipe your baby's gums everyday with a clean, damp cloth to remove germs.
- Brush your child's teeth twice a day for two minutes with a small amount of fluoridated toothpaste.
- Avoid putting your child to sleep with a bottle of milk or juice.
- Use separate spoons and cups to help prevent the spread of cavity-causing germs between family members.
- If your child has teeth, schedule your child's first dental visit by age 1.

TOOTHPASTE AMOUNT:



Under 3 years: Smear (rice grain) 3+ years: Ball (pea-sized)

BABY TEETH ERUPTION CHART

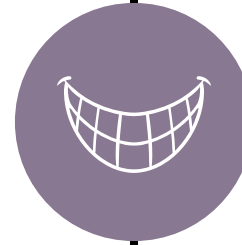
Upper Teeth		Come In	Fall Out
Central incisor		8-12 mos.	6-7 yrs.
Lateral incisor		9-13 mos.	7-8 yrs.
Canine (cuspid)		16-22 mos.	10-12 yrs.
First molar		13-19 mos.	9-11 yrs.
Second molar		25-33 mos.	10-12 yrs.
Lower Teeth		Come In	Fall Out
Second molar		23-31 mos.	10-12 yrs.
First molar		14-18 mos.	9-11 yrs.
Canine (cuspid)		17-23 mos.	9-12 yrs.
Lateral incisor		10-16 mos.	7-8 yrs.
Central incisor		6-10 mos.	6-7 yrs.



AS TEETH FILL IN

2+ YEARS

- Once teeth begin to touch, clean between each tooth with floss or a water flosser.
- Continue to help your child brush well twice each day until age 8 or 9 to protect new adult teeth.
- Choose water instead of juice, soda, or sports drinks.
- Crunchy fruits and vegetables help keep mouths healthy. Opt for snacks like apples and carrots!



AS ADULT TEETH TAKE OVER

10+ YEARS

- Watch for changes in the mouth, including wisdom teeth that appear in the back.
- Keep your teeth, gums, and smile healthy by saying no to tobacco and vaping.
- Use a mouth guard to protect teeth while playing sports.

Make Brushing Easier!

- Children like to copy others, so ask other family members, including older children in the house, to show off how they brush.
- Use music or a short video to help with timing.
- Try brushing in a new location.



Building routines takes time. Consistency helps.