Healthy Teeth for 0 to 5 Years Old

Cavity risk: ☐ **High** ☐ **Medium** ☐ **Low**

Wean off the baby bottle by 12 to 14 months old. No bottle during sleep.

Use only water in sippy cup.

Drink more water (with fluoride):
- 6 months to 1 year old, drink ½ to 1 cup each day.
- 1 to 2 years old, drink 1 to 4 cups each day.
- 2 to 5 years old, drink 1 to 5 cups each day.

No soda, sports, or sweet drinks.

Drink 100% juice only at meals and in an open cup. No more than ½ cup each day for children age 6 months to 5 years old.
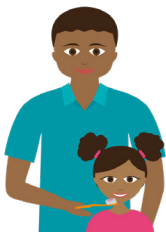
Drink milk only at meals. No more than 2 cups each day for 2 years old and older.

Limit sweets and sticky foods. Rinse mouth with water after eating.

For healthy snacks, eat more raw, crunchy fruits and vegetables, cheese, and yogurt.

Parent, brush your child's teeth and gums 2 times each day. Be sure to brush at night.

Start using fluoride toothpaste when the first tooth comes in. Do not rinse with water after brushing.

Under 3 years old, use no more than rice-size amount of toothpaste with fluoride on the brush.

3 to 5 years old, use no more than pea-size amount of toothpaste with fluoride on the brush.

Other things to do: _____

_____

NATIONWIDE CHILDREN'S®

When your child needs a hospital, everything matters.

Healthy Teeth for Older Children and Teenagers

Cavity risk: ☐ **High** ☐ **Medium** ☐ **Low**

Limit soda, sports, and sweet drinks.

Drink 100% juice only at meals. No more than 1 cup each day.

Drink more water (with fluoride):
• Age 5 to 8 years, drink 5 cups each day.
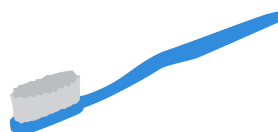• Older children, drink 7 to 8 cups each day.

Chew sugarless gum.

Limit sweets and sticky foods. Rinse mouth with water after eating.

For healthy snacks, eat more raw, crunchy fruits and vegetables, cheese, and yogurt.

Brush teeth and gums for 2 minutes, twice each day. Be sure to brush at night. Help brush child's teeth until 8 to 10 years old.

Use toothpaste with fluoride.

Use tartar control toothpaste.

Floss once daily.

Use a fluoride rinse.

Wear a mouth guard for sports.

Never use tobacco products.

No mouth piercings.

Other things to do: _____

_____