

HAPPY CHILDREN'S ORAL HEALTH MONTH

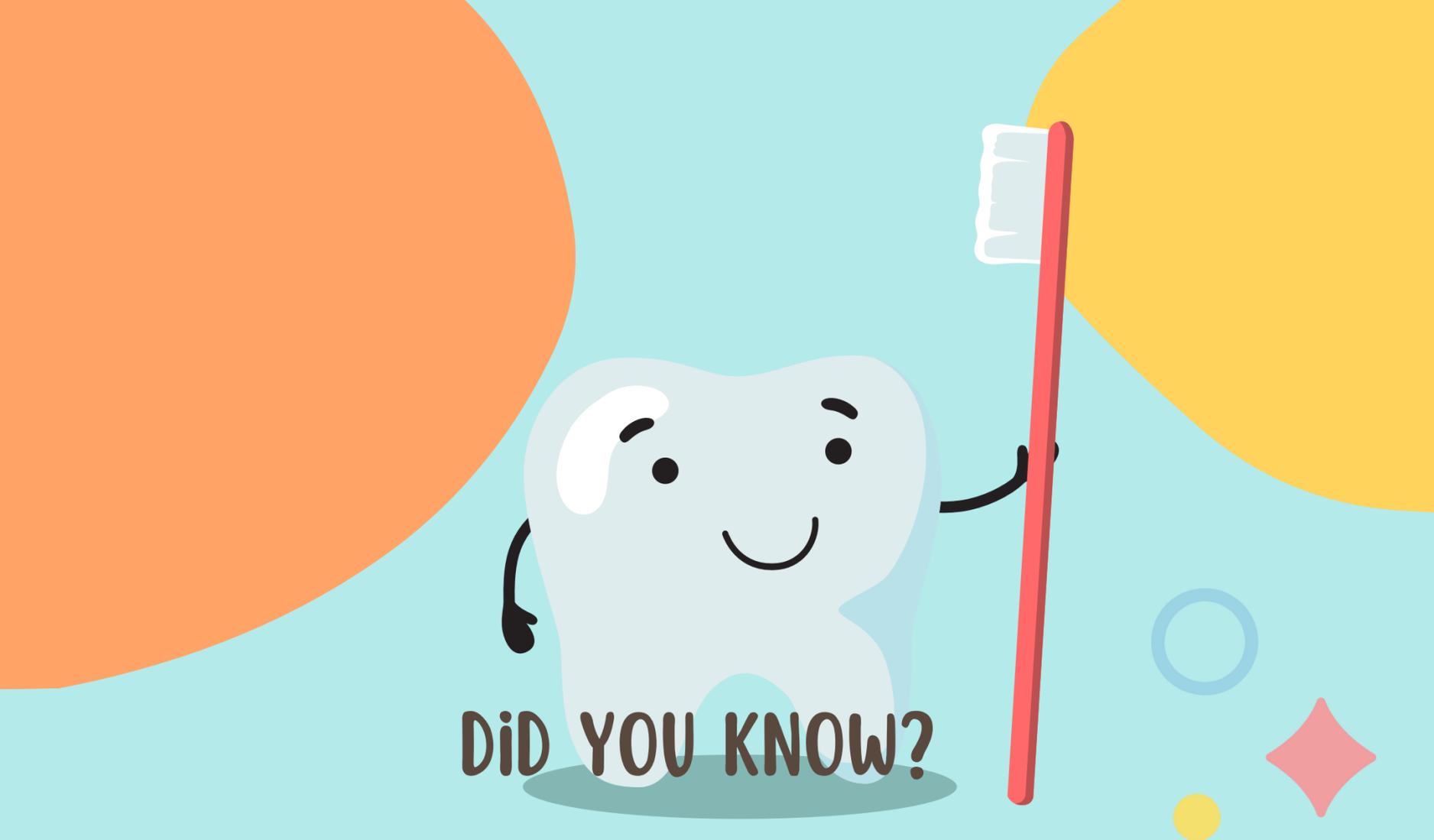


Brush, Floss, Smile

LEARN MORE

[HTTPS://WWW.NMHEALTH.ORG/ABOUT/PHD/PCHB/OOH/](https://www.nmhealth.org/about/phd/pchb/ooH/)





DID YOU KNOW?

The bacteria that cause cavities can be passed from one person to another through saliva, for example, by sharing utensils, foods and drinks, and kissing, especially when kissing a child on their mouth or their hands?

Cavities are formed when bacteria feed on sugar and produce acid, damaging the tooth's layers.

Fluoride can benefit oral health by strengthening the tooth enamel.

LEARN MORE

[HTTPS://WWW.NMHEALTH.ORG/ABOUT/PHD/PCHB/OOH/](https://www.nmhealth.org/about/phd/pchb/ooH/)



DID YOU KNOW?



- A child who has dental caries (cavities) in baby teeth is more likely to have dental caries (cavities) in permanent teeth.
- From 2018-2019, 61% of New Mexico two-year-old children visited a dental clinic
- When you eat, your mouth becomes acidic for 20 to 40 minutes. The teeth need a break after eating to recover from acidic exposure. Having set times for meals and snacks can reduce the risk of developing dental caries (cavities).
- Dental visits during pregnancy are safe and necessary.
- The chance of developing gum disease increases with pregnancy.
- Having gum disease during pregnancy increases the risk of spontaneous abortion by 34%, preterm birth by 15%, and low birth weight by 10%. (Source: Choi et al., Family Practice, 2021).

GUIDE TO CARING FOR YOUR CHILD'S TEETH



Birth to the First Tooth

Clean baby's gums with a clean, soft washcloth after feedings to remove unwanted bacteria and debris

First Tooth to Three Years

Use a smear of toothpaste to brush the child's teeth twice a day!

Parent/caregiver should be doing the brushing.
Begin healthy habits: brush daily, limit sugar in food and beverages and drink water!

Three Years to Adulthood

Brush teeth twice a day
Parent/caregiver to continue brushing at least until the child can tie their shoes.
Begin flossing daily when teeth begin to touch each other.
Visit a dentist every six months for preventative care.

LEARN MORE

[HTTPS://WWW.NMHEALTH.ORG/ABOUT/PHD/PCHB/OOH/](https://www.nmhealth.org/about/phd/pchb/oooh/)