



## **TIPS FOR TERRIFIC TEETH**

1. Cavities are caused by bacteria. our daily goal is to remove bacteria from the mouth. a high sugar diet increases the number of bacteria in the mouth and increases the chance for cavities.
2. Babies are born without cavity causing bacteria in the mouth. avoid sharing food, spoons, or straws with baby to prevent transfer of cavity causing bacteria.
3. Laying a child down at night with a bottle or sippy cup will cause cavities. feed your child and clean the teeth before your child goes to bed.
4. Kids need to be off the bottle at one year old. transition to a 360 cup, straw cup, or regular cup.
5. Children should have the first dental visit at the age of one year. children, teens, and adults should visit the dentist twice a year.
6. Brush three times daily (after breakfast, after lunch, and before bedtime) with a soft toothbrush and fluoride toothpaste. use a rice grain amount of fluoride toothpaste for kids ages 1 – 3 years old. use a pea size amount of fluoride toothpaste for kids ages 3 – 6 years old. parents should brush child's teeth until age six.
7. Replace your toothbrush every three months and replace your toothbrush anytime you are sick.
8. Floss daily to remove bacteria in between the teeth. parents should floss child's teeth.
9. Children (six years and older) and adults should rinse twice daily with an anti-cavity mouthwash.
10. Chew sugar free gum to stimulate saliva production and wash away bacteria.
11. Drink tap water or milk. eliminate sweet drinks like soda, sweet tea, sports drinks, and juice. many flavored waters contain sugar and bottled water can damage tooth enamel due to acidity.

12. Snack on fruits, vegetables, yogurt and cheese. do not eat candy and limit sweet treats.
13. Drinks and snacks with sugar cause acid attacks on your teeth. limit the number of times your teeth are exposed to sugar.
14. Wear a mouthguard to protect teeth when playing sports.
15. Never use tobacco! do not smoke, dip or chew tobacco. vaping and juuling are **not** a safe alternative. if you want to quit, call the Georgia Tobacco Quit Line at 1-877-270-stop (7867).
16. Ask your dentist to place sealants on molars to prevent cavities.