

Niagara Region Public Health

Oral Health Key Messages



Parents play an important role in caring for their children's mouths and help them develop good oral cleaning habits.

Here are some simple ways to prevent cavities from starting.

Oral hygiene instruction and fluoride toothpaste recommendations

(Please follow these recommendations even if fluoride varnish is applied)

Birth to first tooth:

Clean the mouth with a damp cloth

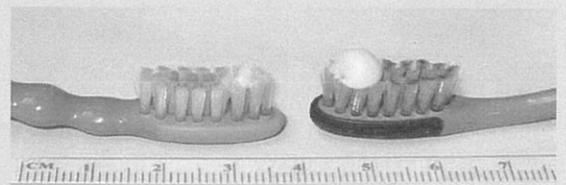
First tooth until age three:

Teeth should be brushed by an adult, using a rice grain sized portion of fluoridated toothpaste twice daily.

Three to six years:

Children should be assisted with brushing their teeth by an adult using a pea-sized portion of fluoridated toothpaste twice daily.

Floss your child's teeth daily.



A rice grain sized portion of toothpaste on a child's toothbrush is shown on the left.

A pea-sized portion of toothpaste is shown on the right.

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Bottles and sippy cups

Birth to 12 Months:

Your baby does not need juice. If you choose to give juice, wait until your baby is older than six months and choose 100% juice.

Introduce a regular cup at six months and offer all drinks in a regular cup by 12 to 14 months

If (after six months) you serve juice, limit the amount your baby drinks to ½ cup (125ml or 4 oz) each day and offer it as part of a meal or snack

Sippy cups and bedtime bottles should only contain water

12 Months to six years:

Limit juice to 125 to 175 ml (4 to 6 oz) per day in a cup as part of a meal or snack

Set times during the day for meals and snacks

Children should have three meals and two to three snacks per day

Avoid sticky and sweet snacks (e.g. raisins, dried fruit, fruit snacks)

After brushing and flossing at night, no food or drink except water should be given

First dental visit

The dental home should be established for all children between six and 12 months of age to prevent problems from starting

For more information please call the Dental Health Line
at 905-688-8248 ext. 7399

www.niagararegion.ca/health

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