Cleaning or wiping can start with the eruption of a child’s first teeth. Pacifier bottles with sugary drinks or fruit juices can cause early childhood tooth decay. Better to use plain water instead.

Age: 6 months old
Teething begins.

Age: 2½ years old
All primary (upper and lower) teeth have erupted.

Age: 6 years old
Permanent teeth begin to appear.

Age: 12 years old
Most permanent teeth have erupted.

Age: 21 years old
Third molars (wisdom teeth) are the last to erupt.

Children can start supervised tooth brushing twice a day with a pea-sized amount of fluoride toothpaste. Regular dental check-ups can start early in life.

Establish good dietary habits, limiting amount and frequency of sugary snacks.

Develop a life-time habit of twice-daily brushing with fluoride toothpaste.

Start to wear mouthguards for contact sports.

Avoid sweets, tobacco and alcohol.

Good oral hygiene and healthy habits, together with regular dental check-ups, help to avoid tooth decay and periodontal disease. Pregnant women should take extra care of their oral health.

Dry mouth as a result of reduced saliva production may increase risk of diseases. Regular check-ups may help keep a healthy mouth and good quality of life.

O R A L  H E A L T H  F O R  L I F E

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