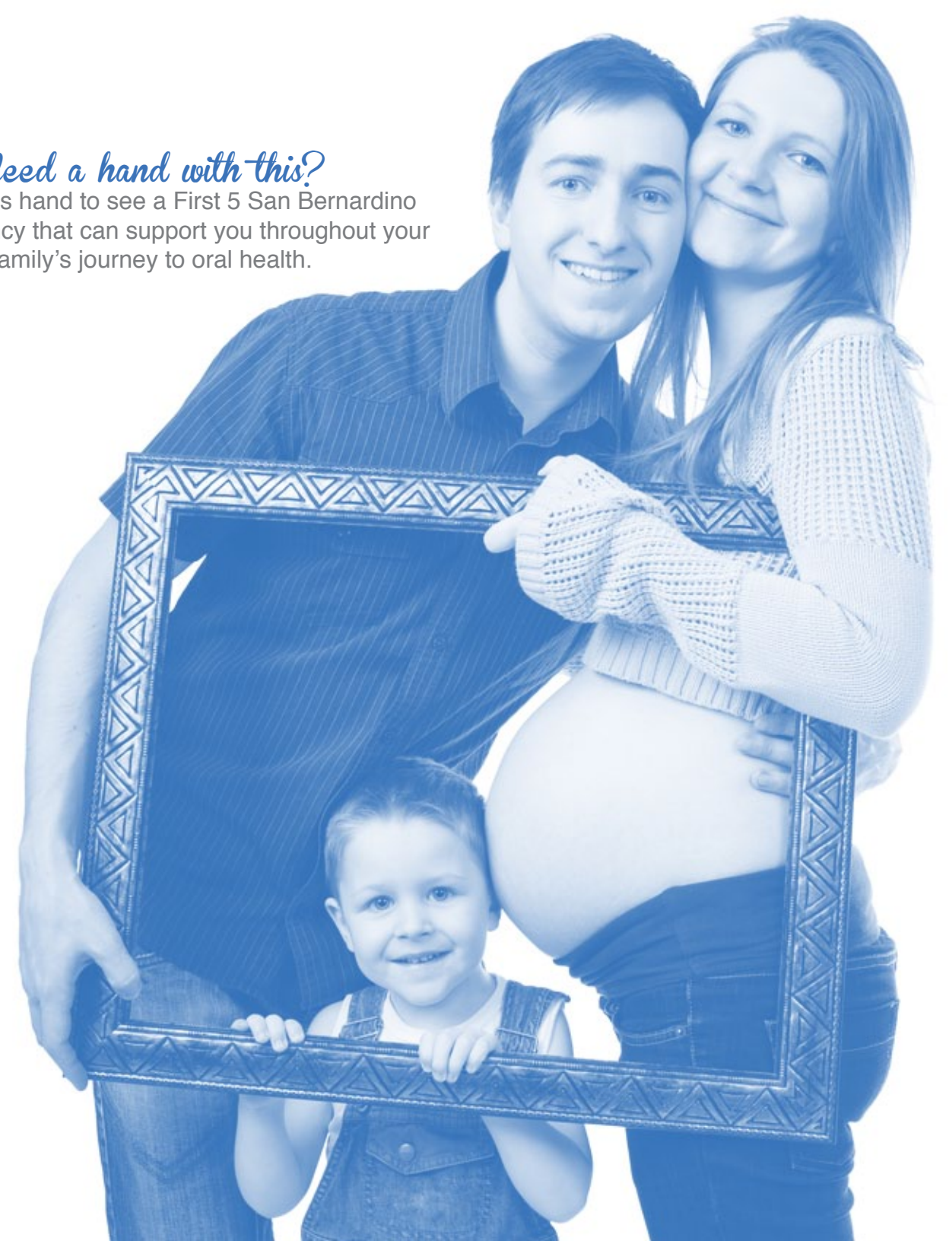


Smile! 😊 First 5 San Bernardino is here to help you understand the importance of oral health for children in prenatal stages to age 5.

Read more for tips and information that can help your child grow healthy and strong teeth.

👋 *Need a hand with this?*

Look for this hand to see a First 5 San Bernardino funded agency that can support you throughout your family's journey to oral health.





Healthy Habits Start at Home...

Start Here

Be an example for your children by:

- #1** brushing twice a day with fluoride toothpaste,
- #2** flossing daily, and
- #3** keeping regular appointments with a dentist.

✎ Need a hand with this?

Find a service provider to help your family's oral health needs.

Call **SAN BERNARDINO COUNTY 2-1-1**
Dial 2-1-1 or visit www.211sb.org



Brush

Mommy's Mouth Matters



Maternal Oral Health is important while the child is “in utero”. Pregnancy gingivitis, unusual gum sensitivity, and bacteria that causes cavities can put you and your child’s developing oral health at risk. Remember these tips for your oral health during your pregnancy:

- Ask your physician to check your mouth for any changes. Follow up with a visit to your dentist.
- Get dental cleanings and check-ups from your dentist to monitor your oral health.
- Eat healthy and calcium-rich foods. Avoid foods that can irritate your gums.
- Keep your mouth clean by brushing twice daily and flossing once daily.

✦ Need a hand with this?

Call Center for Oral Health for Maternal Oral Health information at (909) 981-1013 or visit www.dentalhealthfoundation.org

The Moment of Tooth!



Newborn to Age 1

Use these tips to ensure their teeth are on the right track:

- Clean your baby's mouth after every feeding with a moist soft cloth or gauze. Check for spots on the gums.
- Your baby's teeth should breakthrough the gums between 12 months-16 months. If no teeth erupt by 18 months, see a dentist.
- Make your baby's first dental appointment when their first tooth is visible or no later than their first birthday.
- Avoid exchanging items, such as pacifiers or utensils, from your mouth to the baby's mouth. Your saliva can transfer the bacteria that causes cavities to your child.
- Protect against tooth decay by brushing your child's primary (also known as "baby") teeth. Avoid dipping pacifiers in sugary drinks or sweets as they can contribute to tooth decay.

Age 2

- Begin brushing the child's teeth with a "smear" to "pea-sized" amount of fluoride toothpaste twice a day and flossing the teeth that touch.
- Make sure your child's mouth is clear of the fluoride toothpaste by rinsing their mouth with water, and teaching them to spit.
- Provide healthy snacks and drinks like cheese, fruit, vegetables, milk or water.
- Tell them how their teeth help them to grow healthy and strong.
- Keep regular dental appointments.

Age 3-5

Your child's full set of primary teeth should be present by the age of 3!

- Continue to provide healthy foods and snacks for their oral and overall health.
- Brush your child's teeth twice a day, making sure they rinse and release the toothpaste out of their mouth. Finish up with flossing in between their teeth.
- Have fun with it! Sing a song while you brush, to connect positivity to oral health and to make your child to aware of their developing teeth.
- Keep regular dental appointments.

** Need a hand with this?*

These agencies can assist you in the services you need for you and your families oral health.



Community Health Systems, Inc.

(909) 877-0510

www.chsica.org

Floss!

Arrowhead Regional Medical Center

(800) 722-4597

www.arrowheadmedcenter.org

**Brush Up
on
Healthy
Smiles!**



 /first5sb  @f5sb

(909) 386-7706

www.first5sanbernardino.org