



## Oral Health Video Series for Parents/Caregivers: Ages 0-5

Age	Topic	Key Points
Introduction (Prenatal)	Introduction to library/importance of parent & caregiver oral health	<ul style="list-style-type: none"> <li>*Your child's dental health begins with yours</li> <li>*Be sure to take care of any dental needs you might have</li> <li>*Be very cautious of saliva and bacterial transmission with your baby, and make sure to tell all people who have contact with your baby too</li> </ul>
2 months	Importance of baby teeth	<ul style="list-style-type: none"> <li>*Baby teeth are as important as adult teeth to care for</li> <li>*Decayed baby teeth can negatively affect overall health as well as the health of adult teeth</li> </ul>
4 months	Cavity development/feeding patterns	<ul style="list-style-type: none"> <li>*Make a good practice of limiting frequency of exposure to carbohydrates</li> <li>*Only have milk bottles at meals, and never send your child to bed with milk in a bottle</li> </ul>
6 months	Early homecare	<ul style="list-style-type: none"> <li>*It is never too early to introduce healthy mouth habits to your baby</li> <li>*Begin brushing and flossing daily as part of a healthy oral hygiene routine</li> <li>*Children will need help brushing and flossing effectively until they are around the age of 7-8</li> </ul>
9 months	Cavity development / dietary influences	<ul style="list-style-type: none"> <li>*Limiting frequency of exposure to carbohydrates reduces decay risk</li> <li>*Sources of carbohydrates include candy, cakes, cookies, snack crackers, breads, and sweetened liquids</li> <li>*Dentally healthy snack choices include fresh fruits (except citrus fruits that are highly acidic), vegetables, cheese, cottage cheese, low-sugar yogurt, and peanut butter</li> </ul>
12 months	Preparing for early dental visits	<ul style="list-style-type: none"> <li>*Prepare your child for their first dental visits by sharing with them all the fun and exciting new things they will experience</li> <li>*Keep a positive attitude when discussing their dental appointments so they will enter the appointment with expectations of a welcoming, comfortable environment</li> </ul>
15 months	Fluoride	<ul style="list-style-type: none"> <li>*Fluoride supports strong teeth and cavity prevention</li> <li>*Check the fluoride content in your drinking water and talk with your healthcare provider about supplementation if it is too low</li> <li>*Fluoride containing dental homecare products are important to use but should be used carefully to ensure young children are not swallowing them</li> </ul>
18 months	Pacifiers	<ul style="list-style-type: none"> <li>*Long-term use of pacifiers can cause facial development issues</li> <li>*Plan to stop pacifier use by age 2</li> <li>*Take extra care to ensure the transition is as positive for your child as you can</li> </ul>
24 months	Oral hygiene tips for active toddlers	<ul style="list-style-type: none"> <li>*Regular oral hygiene routines can be very challenging with active toddlers</li> <li>*Employ creative techniques to make daily oral hygiene a fun and welcome experience for your child</li> <li>*Refrain from negativity and threatening tones that can make the experience more challenging</li> </ul>
30 months	Dental issues connected to breathing	<ul style="list-style-type: none"> <li>*Chronic mouth breathing can negatively impact your child's health</li> <li>*Observe your child to determine if they are breathing through their mouth or nose</li> <li>*If your child is mouth breathing, schedule an appointment with your health provider</li> </ul>
36 months	Gum health	<ul style="list-style-type: none"> <li>*Plaque must be removed frequently to prevent tartar build-up</li> <li>*Tartar requires removal by a dental hygienist</li> <li>*Plaque and tartar can contribute to gum disease</li> <li>*Effective brushing and flossing can limit plaque and tartar</li> </ul>
48 months	Early cavity detection	<ul style="list-style-type: none"> <li>*Although prevention of cavities is ideal, sometimes cavities still occur</li> <li>*Catching cavities in their early stages can limit the amount of treatment needed</li> <li>*As a parent, your daily look at the child's teeth can be very helpful in early cavity detection</li> </ul>
60 months	What to expect looking forward/ adult teeth	<ul style="list-style-type: none"> <li>*Your child will get their first adult tooth around age 6</li> <li>*Continued excellent brushing and flossing will help keep these adult teeth healthy</li> <li>*Help your child adjust their oral health routine to accommodate these new teeth and take extra care around areas that might be sore due to new teeth coming in</li> <li>*Regular dental check-ups are important and your child's health team can continue to be a great resource as your child grows</li> </ul>