

Children 6 – 12 Years

- ▶ Most adult (permanent) teeth come in between ages 6 and 12.
- ▶ Remind your child to brush with fluoride toothpaste twice a day, after breakfast and before bed with a soft toothbrush. Floss every night.
- ▶ Teach your child to use a pea-sized amount of fluoride toothpaste. Make sure your child spits out any excess toothpaste. Avoid rinsing with water afterward.
- ▶ Be sure your child gets dental sealants. Dental sealants prevent tooth decay. Sealants are applied to the first and second permanent molars around ages 6 and 12. See if your child's school has a sealant program.
- ▶ Give your child tap water that is optimally fluoridated. Fluoride in water is safe, effective, and keeps teeth strong for all ages.



- ▶ Sweet and starchy foods (sticky fruit snacks, cookies, crackers, and chips) may cause tooth decay. Encourage your child to eat these foods at meal time. In between meals, snack on fresh fruits, vegetables, cheese, or nuts.
- ▶ Limit juice, soda (including diet), and sports drinks between meals.
- ▶ Prevent your child from face and mouth injuries by encouraging them to play safe, wear a helmet, use a mouth guard, and wear a seat belt.
- ▶ Teach your child to avoid alcohol, tobacco, and recreational drugs. They can cause many dental problems. Meth use can lead to severe dental problems and complete tooth loss.
- ▶ Take your child to visit a dental provider. Dentists and dental hygienists are available in private dental offices, community health clinics, schools, and mobile vans.

To reprint cards visit:

www.doh.wa.gov/OralHealthPromotionCards



For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-525-0127 (TDD/TTY 711).