

BE PROUD OF YOUR MOUTH

LOOK AFTER YOUR ORAL HEALTH FOR A LIFETIME OF SMILES



World Oral
Health Day
20 March



ORAL HEALTH FOR BABIES AND TODDLERS

Babies communicate through sounds, smiles and facial expressions, and their mouth is connected to all these new and exciting moments.

ORAL HEALTH FOR CHILDREN AND TEENS

Children's primary teeth play a vital role in how they nourish themselves, develop new tastes, learn to speak, and grow.

ORAL HEALTH FOR ADULTS

A healthy mouth is a healthier you. Moreover, your mouth plays a big part in everyday life: enjoying a meal, talking to a neighbour, laughing with family and friends...

ORAL HEALTH FOR SENIORS

Good oral health will help you stay healthy, maintain your quality of life, and preserve your independence.

MOUTH MILESTONES

BABY IS BORN!

6-MONTHS OLD

First tooth usually appears.

2½-YEARS OLD

All 20 primary teeth have come through.

6-YEARS OLD

Permanent teeth begin to appear.

12-YEARS OLD

Most permanent teeth have erupted.

21-YEARS AND ABOVE

Third molars (wisdom teeth) are the last to come through.

AGEING

Tooth loss is NOT an inevitable part of ageing.

GOOD HABITS FOR A LIFETIME OF SMILES

- Gently wipe a baby's gums with a clean, moist gauze pad or washcloth at least twice a day, especially after feedings and before bedtime.
- Establish good oral health habits early.
- Begin regular visits to the dentist as soon as the first tooth erupts.
- Start brushing twice a day with a smear (size of a grain of rice) of fluoride toothpaste for children under 3-years old.
- Switch to brushing with a pea-sized amount of fluoride toothpaste, twice a day, when the child is aged 3 years.
- Avoid using sippy cups.

- Supervise twice-daily brushing with a fluoride toothpaste until they can brush properly themselves.
- Visit the dentist regularly to check teeth are growing correctly and the mouth is healthy.
- Encourage healthy food options and avoid sugary snacks and drinks.
- Protect teeth during contact sports by ensuring the child wears a mouthguard.

- Proper self-care combined with professional oral care, along with a healthy lifestyle and avoiding risks, such as too much sugar, harmful use of alcohol, and all forms of tobacco, will protect your smile throughout adult life.
- Pregnant women should take extra care of their oral health, as their mouths can be affected by hormonal changes. Make sure you get a dental check-up during pregnancy.

- Understand the oral health risks associated with ageing, such as dry mouth, and take preventive action.
- Keep up good oral health practices and visit the dentist regularly to enjoy a healthy, functioning mouth, and teeth that last a lifetime.