



### Show-Me Healthy Smiles for Healthy Life

A small, white, cartoonish character of a tooth with a smiling face and arms, holding a toothbrush.

#### Nutrition Tips for a Healthy Smile

- Drink water or low-fat milk and stay away from sugary drinks like soda.
- Don't eat too much candy or desserts that are high in sugar and stick to your teeth.
- Eat plenty of fruits and vegetables to promote healthy gums and teeth.

#### Infants

- You can pass cavity-causing germs to your baby when you put baby's spoon or pacifier in your mouth.
- Clean your newborn baby's gums with a soft, clean, damp washcloth after every feeding, even if no teeth have come in yet.
- Baby begins cutting teeth at around six months old.
- Brush your baby's teeth as soon as the first tooth comes in. Use a small, soft toothbrush and a "smear" of fluoride toothpaste.
- Your baby should have a dental exam by their first birthday.
- Don't put juice, soda or any sweet drinks in baby's bottle or sippy cup.
- Don't put baby to bed with a bottle or sippy cup.

A small photograph of a baby's face, smiling broadly, located at the bottom right of the flyer.

### KNOW THE FACTS

#### Baby teeth are important!

A photograph of a woman smiling as she brushes a baby's teeth. The baby is sitting in a high chair.

They help your child:

- chew food
- speak normally
- hold space for adult teeth





# 5 Steps for a Healthy Smile



Healthy teeth are important for chewing, speaking and your appearance.

For healthy teeth:

1. Brush twice a day
2. Floss every day
3. Avoid sugary foods and drinks
4. Avoid sugary snacks and drinks
5. Visit the dentist twice a year

## Don't forget to Brush



- Brush two times a day
- Use a small amount of toothpaste (about the size of a pea)
- Brush for two minutes
  - Top and bottom
  - Front and back
  - Brush your tongue
- Floss at least once a day

[health.mo.gov/oralhealth](http://health.mo.gov/oralhealth) #103

# Brush Floss Smile!

## Dental Health EMERGENCIES

Injuries to the face, mouth, teeth, jaw and gums need treatment as soon as possible.

### Toothache:

- Rinse the mouth with warm water to clean the area.
- Use dental floss to gently remove food or object that may be stuck between the teeth.
- Never put pain medication against the tooth or the gums. Pain medication may burn the gums.
- Do not rely on pain medication. Medication may stop the pain, but the tooth may still need dental work to stop future pain. Call your dentist if the toothache does not stop.

### Tongue or lip, bites or wounds:

- Gently clean the area with a clean cloth.
- Apply cold compresses to slow swelling.
- Bleeding of the tongue can be slowed by pulling it forward. Use gauze to put pressure on the wound.
- Seek medical attention if the bleeding does not stop.



Seal Out  
TOOTH DECAY  
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