

### Toddlers - Safety first

Falls and bumps, while learning to walk, can damage new teeth.

#### Prevent falls and damaging teeth:

- Safety gates on stairs.
- Use car seats ALL the time.
- Use helmets when riding on bikes and tricycles.
- Use safety belts in shopping carts.
- ✓ Never leave your baby or toddler unattended.

#### Protect early walkers from injury:

- Remove furniture with sharp edges.
- Keep a hand ready to steady.

#### Accidents happen.

- Have a dentist you can call and visit.



### Resources for Dental Care

- Call 211
- Snohomish Health District  
[www.snohd.org](http://www.snohd.org)

From the home page, find dental resources under Oral Health in the Community Health Division, or from the Index A-Z, select the letter "D" for Dental Care or "O" for Oral Health.

**425.339.5219** (recorded list)  
Ask about the list of dentists that currently accept Medicaid or provide low cost dental care.

- **WithinReach**  
[www.parenthelp123.org](http://www.parenthelp123.org)  
Online eligibility for Medical/dental coverage.

**Snohomish Health District**  
Healthy Communities and Assessment  
Oral Health Program  
3020 Rucker Avenue, Ste 206  
Everett, WA 98201-3900  
425.339.5219

**PUBLIC HEALTH**  
always working for a safer & healthier  
**SNOHOMISH COUNTY**

# Oral Health for Age 2-3 Years



**What parents need  
to know**



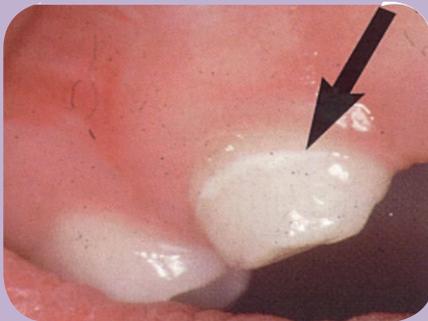


## Toddlers

By age 3, most children will have their first set of teeth. These are not lost until they are 10-12 years old.

### Healthy baby teeth = Healthy adult teeth

Some children may already have cavities.



### Early tooth decay

Look at your child's teeth.

- Lift the lip.
- If you see any spots along the gumline, make an appointment with a dentist.

## Feeding Practices

- Bottle feeding after 14 months?
  - ✓ Ask an expert about weaning.
- Breastfeeding after 24 months?
  - ✓ Frequent food and drinks can be associated with tooth decay.

## Growing up – Eating together

- Eating is a family affair.
  - ✓ Sit together for meals and snacks
- Let children serve and eat by themselves.
- Serve a variety of food.
- Offer children food they can pick up.
- Avoid grazing. Serve 3 meals and 2 snacks during the day.
- Offer snacks with food from two different food groups:
  - ✓ Cereal and milk
  - ✓ Toast and peanut butter
  - ✓ Cheese and crackers



## Pacifiers and Thumb Sucking

- Keep the pacifier out of sight when your toddler is not using it.
  - ✓ Ask your dentist about stopping around age four.

## Cleaning your Toddler's Teeth

- You brush your child's teeth until they are 7 or 8 years old.
- Children don't brush well enough by themselves.
- Let children brush their teeth too, as soon as they want to hold the toothbrush.
- Brush with no more than a pea size amount of fluoride toothpaste when your child is 2 years old.

Ask your dentist about:

- Your child's risk for tooth decay
- If at risk for tooth decay
  - ✓ Fluoride supplements if no fluoride in water
  - ✓ Fluoride treatments drinking water