

# Oral Health Guidelines for Children and Teens



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<http://www.cavityfreesf.org/taskforces-bayview-hunters-point/>

Bayview Hunters Point  
Children's Oral Health Taskforce  
& APA Family Support Services

# Tooth pain is reversible!

Overall oral health and wellbeing while brushing and flossing will help reduce tooth decay and reduce pain, too. Eating healthy, crunchy, fruits and vegetables can reduce any bacteria caused infections from spreading to other parts of the body. Healthy teeth when taken care of properly will: boost self esteem, increase self-confidence, and increase positive social interactions.

Things you can do for two minutes while you are brushing your teeth\*:

- Set a time for two minutes
- Listen to a song
- Practice your dance moves
- Stretch
- Study for a test
- Take a selfie
- Pack your lunch
- Pick out your outfit of the day
- One-handedly answer a text message
- Scroll through your Instagram feed
- Watch the news
- Stare at the mirror and hype yourself up for the day
- Think about what you're going to achieve today

\*In the morning and the evening, twice a day, two minutes each time

Make sure you have a soft-bristle toothbrush, fluoridated toothpaste, floss, and replace sugary drinks with healthy alternatives like water or milk.

Brush your teeth after you eat sugary and sticky foods and drinks!

Bacteria + Sugar = Acid

Acid breaks through your enamel and creates holes in your teeth. Tooth decay is preventable, so make sure to brush the sugar away as soon as possible!



**Water is a sugary drink alternative. Need some tips on how to make drinking water fun?**

- Add fruit slices
- Add mint or basil leaves
- Try plain sparkling water
- Drink your water from a fun straw
- Add cool-shaped ice cubes
- Make it a competition and drink your water with friends

