







**PHILIPS****sonicare**

Kids' oral health

# Setting a strong foundation for kids' oral care

Because healthy oral care impacts general well-being and quality of life, it's important to instill good habits in children from an early age.

	Infants & toddlers (ages 0–3)	Preschool (ages 3–6)	Elementary school (ages 6–11)	Tweens/Teens (ages 11–16)
				
 <b>Dental visits</b>	<ul style="list-style-type: none"> <li>Start dental cleaning and examinations before year 1</li> </ul>	<ul style="list-style-type: none"> <li>Visit dental office 2 times a year</li> <li>Topical fluoride application as needed for kids ages 3+</li> </ul>	<ul style="list-style-type: none"> <li>X-rays as needed</li> <li>Sealants on permanent molars</li> <li>Orthodontic evaluation as needed</li> </ul>	<ul style="list-style-type: none"> <li>X-rays as needed</li> <li>Sealants on permanent molars</li> <li>Orthodontic evaluation as needed</li> <li>Evaluate and remove third molars (wisdom teeth) if needed</li> </ul>
 <b>At home</b>	<ul style="list-style-type: none"> <li>Consider fluoride supplement for children starting at 6 months (in non-fluoridated communities)</li> <li>Wean off non-nutritive sucking habits like pacifiers and thumb-sucking by 2½</li> </ul>	<ul style="list-style-type: none"> <li>Establish a dental home care routine</li> </ul>	<ul style="list-style-type: none"> <li>Consider an athletic mouthguard as needed</li> </ul>	<ul style="list-style-type: none"> <li>Consider an athletic mouthguard as needed</li> <li>Discourage use of tobacco products</li> </ul>

## Caring for healthy smiles

### Diet guidelines for good oral care

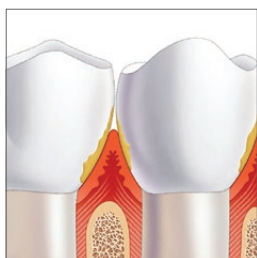


Only put babies to bed with a bottle of water, never milk or juice. Limit or avoid sugary snacks and be sure to clean oral tissues and teeth for them until age 3.



As kids grow, encourage a healthy diet and continue to limit or avoid sugary snacks and drinks.

### Keeping gums healthy



Encourage kids 6 and older to floss or use other interdental cleaners to minimize risk of gum disease.

### When primary and permanent teeth erupt

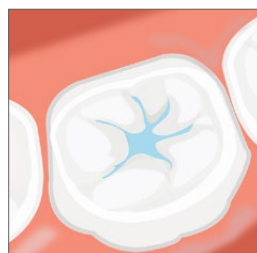


Primary teeth usually begin to appear around 6 months and fall out throughout childhood.



Permanent teeth usually start erupting around age 6 and finish by age 21.

### The importance of dental sealants



Dental sealants can help protect molars from cavities by applying a thin coating of resin material that keeps out bacteria and food particles.

# Encouraging healthy habits from an early age

It's important to establish a consistent oral care routine for your child. Even before their first tooth erupts, you can clean the mouth and gums with a damp washcloth after eating.



## Brush

Brush teeth twice a day for two minutes with a small smear of fluoride toothpaste. The right tool and technique make all the difference.



## Interdental cleaning

For kids ages 6 and up, the spaces between teeth are home to harmful bacteria, so clean them thoroughly for healthy teeth and gums.



## Rinse

For kids ages 11 and up, using a therapeutic mouthwash can help reduce bacteria that cause gum disease and bad breath.



## Replace

Replace brush heads every three months for optimal results. Choose one with an age-appropriate design.



## Checkups

Visit the dental office two times a year.

## The right oral care for developing smiles

### Sonicare For Kids App

keeps children engaged for longer while guiding them to brush properly and develop healthy habits.

Ages 3-11

**Sonicare For Kids** offers up to 75% more plaque removal in hard-to-reach areas than a children's manual toothbrush.

### Sonicare Power Flosser

is clinically proven to remove up to 99.9% of plaque from treated areas\*

Ages 6+

Ages 10-16

### ProtectiveClean and ExpertClean power toothbrushes

for older kids include more features that provide a more customized experience, including different modes, intensity settings, a pressure indicator and more.

### BreathRx mouth rinse and TongueCare+ brush head

disrupt bacteria that cause bad breath and gum disease.

### Sonicare InterCare brush head

removes up to 7x more plaque than a manual toothbrush with extra-long bristles that clean better between teeth.

\* In an in-vitro study, actual in-mouth results may vary

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