

# Healthy Habits, Happy Teeth!



**12+ years**

*Caring for your child's mouth leads to a lifetime of happy, healthy smiles!*

- Your child's adult teeth are almost all in. Second molars come in around age 12.
- Make sure your child is brushing twice a day with fluoride toothpaste for two minutes and flossing every day.
- Make sure your child routinely goes to the dentist.
- Ask the dentist for a protective coat called a sealant.
- Ask the dentist if your child's teeth should get a thin coating of fluoride called fluoride varnish.
- Avoid sugary drinks and foods.
- Keeping teeth clean and gums healthy takes more effort when your child has braces. Make sure they brush and floss thoroughly.