

# It's time to meet their grown-up teeth!

## 6-12 years

*The first thing your child's molars need are sealants because the last thing they need are cavities.*



- The first adult teeth (molars) come in around age 6.
- Make sure your child brushes twice a day with fluoride toothpaste for two minutes and flosses daily. Until age 7 or 8, help your child by brushing and flossing their teeth for them after they've tried.
- Continue going to the dentist every 6 months, unless otherwise advised by their 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.

