Healthy Smile Healthy Body

6 to 20 Years Old

Visit the Local Health Unit in your county to request a fluoride treatment or HPV vaccination for your child.

Healthy Habits

Your child's teeth need brushing twice a day, and flossing should be a daily habit as well. Visit a dentist twice a year, or every 6 months.

Growing Smile

In this age range, your child's permanent teeth erupt. Taking care of baby teeth sets the permanent teeth up for health. Children around age 12 should receive dental sealants on their 12-year molars.

Smart Hydration

Choose tooth-friendly drinks such as water or sparkling water. Limit sugar-sweetened beverages such as sodas, tea, energy drinks and sports drinks.

Protect those pearly whites!

Playing sports is a fun way to get physical activity, but certain sports, such as football and basketball, can increase the risk of mouth injury.

Mouthguards reduce the risk of broken teeth and injuries to the lip, tongue face, or jaw. Talk to your child's dentist to learn more about mouthguards.

Avoid Oral Cancer

All forms of tobacco and nicotine harm the mouth and teeth and can increase risk for oral cancers and gum disease. Human papillomavirus, or HPV, can also cause oral cancers, but vaccination can prevent HPV infections.

Arkansas Department of Health
Office of Oral Health
www.healthy.arkansas.gov