

Health Education Core Messages – Oral Health

Less than a pea-size

Fluoride toothpaste effectively reduces tooth decay, but children should use very small amounts of it. Until age 6, use less than a pea-sized amount of toothpaste.

Rethink your drink

Reduce the risk of, tooth decay, obesity, diabetes and osteoporosis by selecting healthy beverages such as water, milk or 100% juice.

Lift the lip

Check for early signs of tooth decay in babies and young children. Lift the upper lip once a month, and carefully examine the tooth enamel along the gum-line.

Healthy Mouth, Healthy Body

Oral health influences general health. Maintain oral health to limit risks of heart disease, lung infections, diabetes and low birthweight babies.

Strong baby teeth start with you

Moms with good oral health are more likely to have healthy babies with good oral health. Moms can limit the risk of early childhood tooth decay by making sure their own teeth are healthy.

Teeth for a lifetime

Natural teeth are meant to last for a lifetime. Keep your teeth, and keep them healthy with daily home care and routine dental office visits.

Dental care for all

People without dental insurance need dental care too. Every Canadian should have access to good dental care.