No matter where you are in life, your oral health is important. Every stage presents different oral health needs. But there are things you can do – and not do – that will help keep your teeth and gums healthy.

### Baby Basics
Ages 0-3
- **DO** clean your baby’s gums and teeth from birth.
- **DON’T** wash a pacifier with your own mouth.
- **DON’T** give milk, juice or other sugary drinks at naptime or bedtime.

### Kidding Around
Ages 4-12
- **DO** take your child to the orthodontist by age 7.
- **DO** discuss sealants with your dentist.
- **DON’T** ignore dental fears – try a few tricks to calm anxiety.

### Teen Teeth
Ages 13-19
- **DO** buy sugar-free gum.
- **DO** make sure your teen wears a mouth guard while playing sports.
- **DON’T** approve a tongue or lip piercing.

### Midlife Matters
Ages 36-64
- **DO** take care of yourself when you’re busy taking care of others.
- **DO** know that people with diabetes or heart disease are more likely to have gum disease.
- **DON’T** stand for stains if they undermine your self-confidence.

### The Golden Years
Ages 65+
- **DO** discuss your options if you need to replace teeth.
- **DO** get screened for oral cancer and other dental diseases.
- **DON’T** assume that dry mouth or tooth loss is normal – there are remedies.

### All Ages
- **DO** brush your teeth twice a day with fluoride toothpaste.
- **DO** floss between teeth once a day.
- **DO** visit the dentist twice a year for checkups.
- **DO** eat a healthy diet rich in calcium and avoid sugary drinks and snacks.