



Life Stages of Oral Health: Discussion Question Guide

Ages 0-3: Baby Basics

1. Why should Owen visit the Dentist?
2. When should Owen use Toothpaste?
3. How much toothpaste should he use?

Ages 4-12: Kidding Around

1. At what age should you visit an orthodontist?
2. When do permanent teeth usually come in?
3. What is a sealant?
4. How do sealants keep your teeth healthy?

Ages 13-19: Teen teeth

1. How many times a day does an average teen eat?
2. What kind of snacks should you eat to keep your mouth healthy?
3. What should you do to protect your teeth while playing a sport?

Ages 20-35: Young Adult Care

1. What are some things that stress can contribute to when it comes to your mouth?
2. Why is it important for an expecting mother to have good oral health?
3. Should you still brush twice a day?

Ages 34-64: Midlife Matters

1. Why is calcium important for our teeth?
2. What are some options for teeth whitening?
3. What are some of the do's and don'ts in the video?