

START EARLY FOR A HEALTHY SMILE

START BRUSHING YOUR CHILD'S TEETH WITH THE VERY FIRST TOOTH

Brush your child's teeth twice a day using a soft bristled toothbrush and a "smear" of fluoride toothpaste. When your child is two years of age or older, use a "pea" size amount of fluoride toothpaste (see photos below).



Under 2 years = Smear



2 years and older = Pea sized

Each family member needs to have their own toothbrush.



MAKE BRUSHING FUN!

- Shop for dental supplies together and let them pick out their own toothbrush and flavor of toothpaste
- Add some music to your brushing routine
- Create a reward system and reward good brushing habits
- Make brushing a family affair


VISIT THE DENTIST

Even if you do not see any dental problems, bring your baby to the dentist by their first birthday.

The dentist can:

- Check to make sure that teething is normal
- Teach you how to care for your child's teeth as they grow
- Answer your questions about fluoride and Xylitol

BABY TEETH ARE IMPORTANT!

 Only water in bedtime bottle.
Clean gums daily.

6-10 MONTHS

Start brushing when the first tooth appears!

8-11 MONTHS

Time for a visit to the dentist!

1 YEAR

Healthy snacks throughout the day.
Avoid sugary foods

2-3 YEARS

Brush every day.
Use a pea-sized dab of fluoride toothpaste.
Teach child to "spit — don't rinse"

4-6 YEARS

First molars appear.
Parents brush with child until the age of 6.