

TAKING CARE OF CHILDREN'S TEETH

RIGHT FROM THE START

Newborn

Wipe baby's gums at least twice a day, starting at birth, with a clean and damp wash cloth



Start brushing baby's teeth as soon as the first tooth appears

Supervise children until 8 years old
Use a small amount (the size of a grain of rice) of fluoride toothpaste until 3 years of age.
At 3 years old use a pea-size amount.



Brush together



Set a good example for your child by taking care of your own teeth and gums. Taking care of your teeth and gums can help prevent passing germs that cause cavities to your child.



By the first birthday...

Take your child to visit the dental team for a check-up by the 1st birthday.

Limit juice

No bottle or sippy cup in bed unless it contains plain water only
Limit juice to 1/2 a cup or 1 juice box per day and give to your child only during meal times.



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