

# 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.