



# Start with a Healthy Smile

## TOOTHBRUSHING TIPS



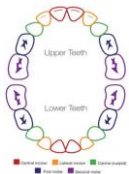
- ✓ Wipe baby's gums at least once a day with a clean soft cloth or after feeding  
Or clean baby's gums twice daily with a clean, damp wash cloth
- ✓ Use a small soft baby toothbrush once the teeth start to erupt
- ✓ Brush teeth 2 times a day
- ✓ Brush all areas (outsides, insides, tops of the teeth-don't forget the tongue)
- ✓ Floss once a day when teeth touch
- ✓ Caregivers need to help with brushing until at least 6-8 years of age

## FLUORIDE



- ✓ From first tooth to 3 years, use a **grain of rice** size amount of fluoride toothpaste to brush their child's teeth
- ✓ Children 3 to 6 years of age should have their teeth brush by a caregiver with a small **pea-sized** amount fluoride toothpaste
- ✓ Children should be encouraged to spit out the toothpaste and not swallow it
- ✓ Avoid rinsing after brushing to get the full benefit of fluoridated toothpaste
- ✓ Caregivers are responsible for the amount of toothpaste used on the brush and for storing it out of reach of small children

## BABY TEETH ARE IMPORTANT!

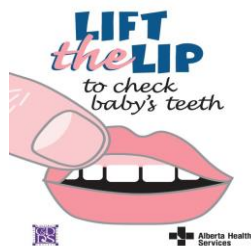


- ✓ Baby teeth are very important and should be cared for, checked or fixed if there is a problem
- ✓ The baby molars will not fall out until a child is 11 or 12 years of age
- ✓ Baby teeth help children eat well, speak clearly and allow adult teeth to grow in properly
- ✓ Your child should see a dentist starting at age one or 6 months after the eruption of the first tooth

## NUTRITION



- ✓ Always hold baby during bottle feedings-never put your baby to bed with a bottle
- ✓ Spouted sip cups are not recommended, they do not promote mature swallowing patterns that help speech development
- ✓ Start weaning from the bottle at 12-14 months with complete weaning of the bottle by 18 months of age
- ✓ Drink milk at meal times and water during playtimes and outings
- ✓ Rethink Your Drink-if you want to feed your child juice select 100% fruit juice (1/2 cup maximum per day)



### Stage 1

#### Healthy Teeth

Continue daily brushing and flossing  
Visit Dental Professional by age one



### Stage 2

**Whitish lines** along the gum line could mean the beginning of tooth decay. Visit Dental Professional as soon as possible



### Stage 3

**Brown areas** or decayed spots (cavities) along gum line.  
Visit Dentist immediately



### Stage 4

Visit Dentist immediately