

Children's Dental Care

Caring for your child's teeth is easy as 1, 2, 3, 4!

Good dental care for children is about more than just their smile – dental hygiene is a part of overall good health. Help your child follow these steps to start good dental habits early, and keep their teeth clean and healthy.



1. BRUSH

- Brush teeth at least twice a day for 2 minutes, after breakfast and before bed.
- Brush the tongue and mouth, too, to keep them clean and fresh.
- Use a soft brush and change it often, especially after being sick.
- Use a pea-sized amount of toothpaste with fluoride to help prevent cavities.
- Spit out toothpaste; don't swallow it.
- Try not to rinse too much or drink water for 30 minutes after brushing with fluoride toothpaste.



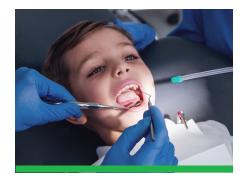
2. FLOSS

 Floss teeth every day to keep the gums healthy.



3. CHOOSE HEALTHY FOOD & DRINKS

- Choose healthy snacks like fruit, vegetables, cheese, and milk.
- Drink fluoridated water to keep teeth strong, and reduce the chance of cavities.



4. VISIT A DENTIST

- Take your child to the dentist by their first birthday.
- Get their teeth checked and cleaned twice a year by a dentist for the best oral health.
- Have the dentist apply fluoride varnish at least once a year to strengthen teeth and protect against cavities.
- Ask the dentist about sealants to protect the surface of teeth from bacteria and reduce the risk of cavities.

Scan to download in Spanish, Italian, Polish, Chinese, or Portuguese





Public Health ct.gov/dph/oralhealth

I Brushed My Teeth!

Use this chart to help your child track their tooth brushing habits

	-\(\frac{1}{2}\)-	EVENING	FLOSS?
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			



Don't forget to brush your teeth for 2 minutes, twice a day, with fluoride toothpaste!

Sources: https://www.cdc.gov/oral-health/prevention/oral-health-tips-for-children.html

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