



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.



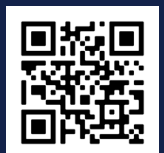
3. CHOOSE HEALTHY FOOD & DRINKS

- 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.



I Brushed My Teeth!

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



MORNING



EVENING



FLOSS?

| | MORNING | 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>

This project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$3,420,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.