

Keep a Bright Smile!



Visit the dentist every 6 months.
Start by the first birthday.



Brush 2 times a day.
Use a pea-sized amount of **fluoride** toothpaste.



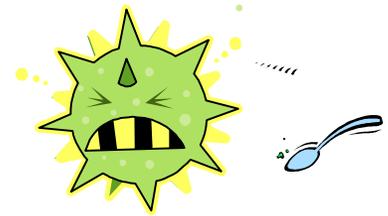
Floss at least once a day.



Choose water instead of soda
or other sugary drinks.



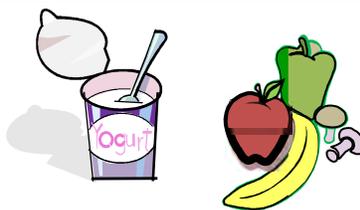
Limit drinking fruit juice.



Do not share spoons or cups with babies.
The germs that cause cavities can be passed on to babies.



Limit candy and sticky, starchy snacks.
Rinse your mouth with water after snacks.



Eat healthy snacks

- vegetables
- fruits
- milk
- cheese
- yogurt



Drink tap water with fluoride for strong teeth.



www.Dental.ACPHD.org

References: American Academy of Pediatrics
Adapted from CAMBRA- CDA Journal Oct/Nov. 2007
ACPHD Office of Dental Health, 010814, rev 11/2020 Families