

Young Children - Keep a Bright Smile!



Take child to the dentist
by the first birthday.
Visit every 6 months.



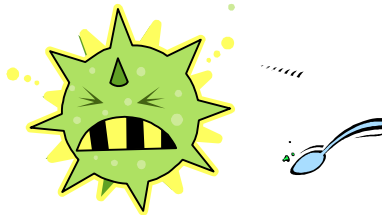
Brush teeth 2 times a day.
Use **fluoride** toothpaste,
the **size of a grain of rice.**



Floss at least **once** a day
between any 2 teeth
that touch.



Offer water instead of
soda or other sugary
drinks. **Limit** fruit juice.



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



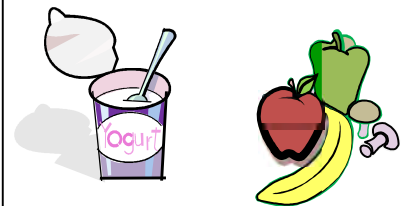
For babies, **wipe gums**
with a soft cloth
twice a day.
Wean off bottles
by age 1.



Offer tap water with
fluoride for strong teeth.



Offer only **water or milk**
in sippy cups.



Offer healthy snacks
▪ Vegetables, fruits
▪ Milk, cheese, yogurt
Limit candy and
sticky, starchy snacks.



www.Dental.ACPHD.org

References: American Academy of Pediatrics
Adapted from CAMBRA- CDA Journal Oct/Nov. 2007
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