**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 healthy snacks**
▪ Vegetables, fruits
▪ Milk, cheese, yogurt

**Limit candy** and sticky, starchy snacks.

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

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