

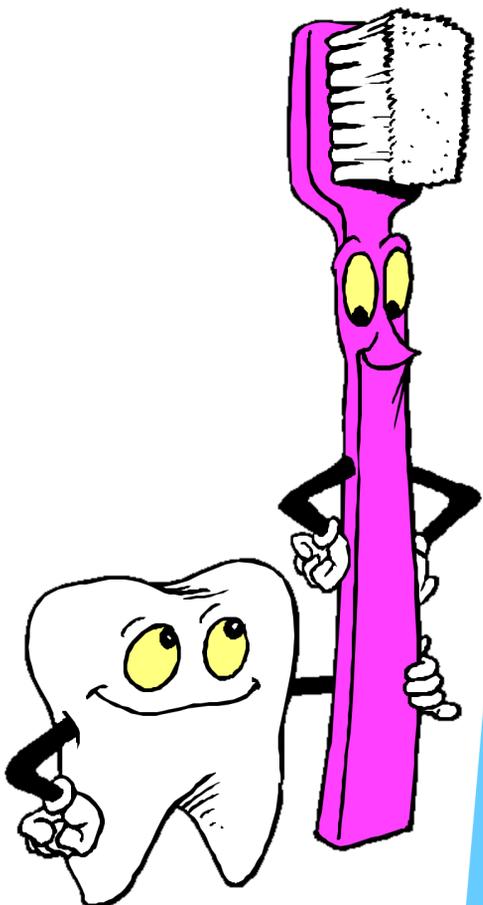
You love it when your child smiles!

Keep that smile bright!

- Drink fluoridated water. It makes teeth stronger.
- If your tap water does not have fluoride, ask your dentist or doctor about fluoride drops.
- Clean your child's teeth twice a day using a small, soft toothbrush and water.
- Children can start using fluoridated toothpaste at 2 years of age, but they only need a pea-sized amount. Make sure your child spits out the toothpaste after brushing.



Any brand of toothpaste is fine so pick a less expensive brand that has fluoride.



- Why don't you brush your teeth together? Kids love to copy their favorite role models!
- Show your child how to floss their teeth and gently help them practice flossing their teeth.
- Limiting candy, dried fruit, and other foods that stick to the teeth.
- Help your child use a cup for drinks instead of a bottle after they turn 1 year old.
- Have you ever seen a young child with decayed teeth? They were probably on the bottle too long.
- Take your child to the dentist by age two for their first checkup. If you see any changes in tooth color (like any dark areas), take your child to the dentist as soon as possible.