

Show them the way to brush teeth twice a day!



- Continue brushing their teeth twice a day for two minutes. Use a pea-sized amount of fluoride toothpaste. Make it fun by singing a toothbrushing song! After brushing, children should spit out and not swallow toothpaste.
- Let them try to brush and floss their teeth while they watch you brush and floss yours. Kids learn by copying us! After they've tried, brush and floss your child's teeth for them so their teeth are totally clean.
- Continue going to the dentist every 6 months, unless otherwise advised by their dentist.
- Talk with your dentist if your child is older than 3 and uses a pacifier or puts their thumb or fingers in their mouth.
- Ask the dentist if your child's teeth should get a thin coating of fluoride called fluoride varnish.
- Avoid sugary drinks and foods.
- Floss daily between teeth that touch.

