

# Got a tooth? Brush it clean!



- Once a tooth comes in, use a soft children's toothbrush with a smear of fluoride toothpaste, about the size of a grain of rice, to brush the teeth twice a day.
- Lift the lip to check your baby's teeth along the gumline for small white or brown spots. Do this often, at least once a week; these could become cavities.
- Visit the dentist when your baby's first tooth comes in or by the time they turn 1.
- Ask the dentist if your baby should have a thin coat of fluoride (fluoride varnish) applied to their teeth.
- Avoid sugary drinks and foods.

