

5 TIPS FOR HEALTHY SMILES

Because your child's teeth matter.

1st birthday, 1st visit with dentist

For family members, it is important to visit your dentist regularly. The best time to start is no later than age 1. Seeing a dentist two times a year is good for your health. Dentists can find small issues before they get worse. Some issues that you may not see are cavities and gum disease.

5 colorful fruits and vegetables a day

Fruits and veggies along with a food plan can help lower chances of cavities and help oral (mouth) health. For example, many fruits and veggies are good sources of vitamin C, iron, and calcium, which help teeth and gums.

2 minutes, 2 times per day

Help your child brush their teeth for two minutes two times a day. This can help them have healthier teeth, better breath, and avoid painful problems like cavities.

You should not share toothbrushes, especially if your child is sick.

3 Fluoride Varnish paste per year

A fluoride varnish is a topcoat made of fluoride that can be used on your teeth up to 3 times every 12 months. Varnish helps stop or slow down cavities from getting worse by making the top coat on our teeth strong.



Change your toothbrush every 4 months

Kids should use a soft toothbrush. The right size and shape will allow them to reach all the parts of their mouth. Replacing every 3 to 4 months (or sooner if sick or bristles are used) will help quality of toothbrushing.