



# Good oral health is an important part of your child's overall health.

Practice these 4 tips for a bright and healthy smile

1

## Brush with fluoride toothpaste 2 minutes, 2 times a day

- ✦ For children two and over, use a pea-sized amount of toothpaste and a soft-bristled toothbrush
- ✦ Brush top and bottom, inside and out and don't forget to brush the tongue!
- ✦ Change the toothbrush every 3 months
- ✦ Turn off the faucet while brushing and save up to 64 glasses of water each time you brush



2

## Limit sweet and sticky snacks to avoid plaque attacks

- ✦ Sweet and sticky foods produce plaque acids that cause tooth decay
- ✦ Encourage healthy snacking such as fruit or a low sugar yogurt
- ✦ Encourage drinking plain water instead of sugary juices and sodas



3

## Visit the dental office regularly

- ✦ Visit a dental professional every 6 months
- ✦ The dental professional will clean, polish and apply fluoride to your child's teeth
- ✦ Ask questions and discuss tips for your child to practice good oral health at home



4

## Once teeth are touching, floss your child's teeth once a day to remove plaque

- ✦ Use regular floss or floss pick
- ✦ Have fun by helping your child count his/her teeth while flossing





# Training for a Superhero Smile

**Child:** Brush teeth twice a day, after breakfast ☀️ and before bedtime 🌙.

**My name is:** \_\_\_\_\_

**Note to families:** Brush with your child! Choose a different color crayon for each family member, and write names below.

Family member: \_\_\_\_\_

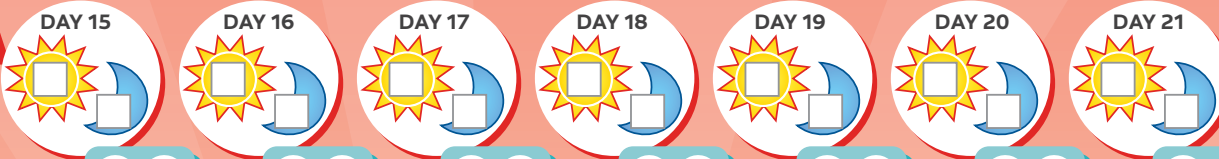
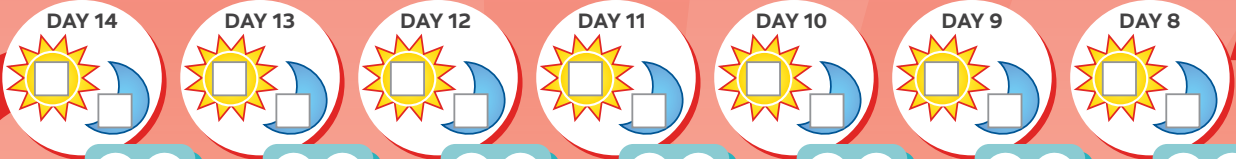
Family member: \_\_\_\_\_

Family member: \_\_\_\_\_

Family member: \_\_\_\_\_

I brushed

My family brushed with me



I brushed morning and night on \_\_\_\_\_ days.

My family brushed with me on \_\_\_\_\_ days.