

FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH



Good dental hygiene help keeps children's teeth and gums healthy.



SCHEDULE AN APPOINTMENT!

Take your child to the dentist when their first tooth erupts, or no later than their first birthday. Your child should see a dentist at least once a year.



CLEAN!

Before teeth come in, wipe baby's mouth with a moist cloth or special baby "gum" brush. Clean baby's gums and teeth everyday.



BRUSH!

When teeth start to come in, use a small "Smear" of toothpaste. After your child reaches age 3, use a "Pea Size Dab" of toothpaste. Use toothpaste every morning and night.



FLOSS!

Once your child's teeth touch, begin flossing.



SNACK HEALTHY!

Eat healthy foods and avoid gummy or sticky sweets that can get stuck in between the teeth, even after brushing.



CHOOSE WATER!

Drink water and avoid sugary drinks. Water helps to rinse away any sugar that can lead to cavities.



REPLACE!

Replace your child's toothbrush every three to four months.



For more information,
visit bit.ly/412tovp