

# SIMPLE STEPS FOR A HEALTHY SMILE!

Baby teeth are important!  
Follow these simple steps to prevent tooth decay.

## HEALTHY HABITS

- Clean the mouth twice a day, even if children fuss!**



**Babies:** Wipe the gums and tongue after meals or nursing. Use a clean washcloth or gauze.



**Children under 2:** Brush your child's teeth and tongue with a "smear" of fluoride toothpaste.



**Ages 2-7:** Brush your child's teeth and tongue with a "pea-sized" amount of fluoride toothpaste.

Everyone should brush twice a day for 2 minutes!

*Spit but don't rinse after brushing. Fluoride protects teeth.*



- Lift the lip.** Look for white spots on your child's teeth. They can become cavities. Show any white spots to a dentist or pediatrician.

## HEALTHY DRINKS

- Drink tap water.** It's free and safe! Most tap water has fluoride. Fluoride keeps teeth strong.



- Skip sugary drinks.** Serve water between feedings or meals.



## HEALTHY FOODS

- Eat healthy food.** Raw fruit and vegetables, whole grains and dairy are best. Limit sweets and sticky foods.



- Stick to a schedule.** Most food, juices and soda have sugar. Sugar is bad for teeth! Brush teeth or rinse with tap water to help prevent decay.



- Visit the dentist!** Take your child to the dentist by age 1. Everyone needs regular dental exams, including pregnant women!

**Congratulations on a healthy smile!**

