

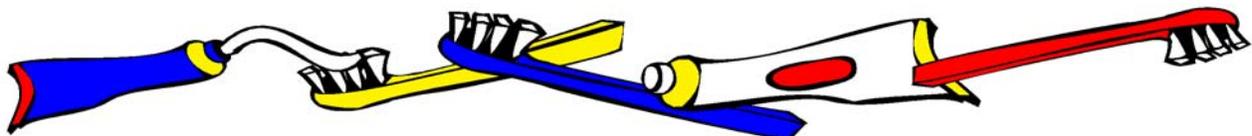
How to...

Brush and Floss

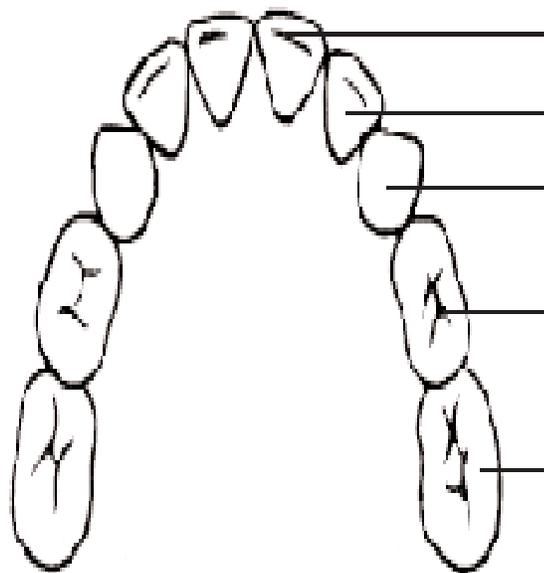
-  Young children, until about age 8, need help with brushing and flossing daily.
-  Brush in a circular motion with a small soft brush.
-  Use only a pea size amount of a favorite flavor fluoride toothpaste.
-  Brush all sides of the teeth and the gums for at least 2-3 minutes.....about the length of a song.
-  Rinse toothbrushes well and let them air dry.
-  Replace toothbrushes every 3-4 months, or sooner if you've been sick.
-  Brush at least twice a day, especially before bed. Gently slide floss between teeth, then up & down.

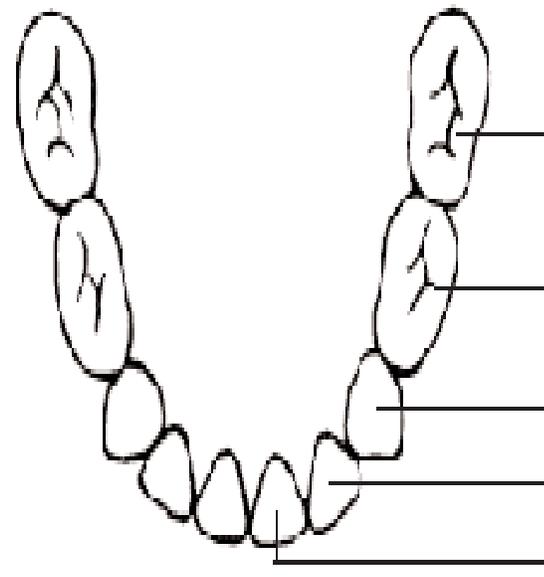
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PRIMARY TEETH

	Upper Teeth	Erupt	Shed
	Central incisor	8-12 mos.	6-7 yrs.
	Lateral incisor	9-13 mos.	7-8 yrs.
	Canine (cuspid)	16-22 mos.	10-12 yrs.
	First molar	13-19 mos.	9-11 yrs.
	Second molar	25-33 mos.	10-12 yrs.

	Lower Teeth	Erupt	Shed
	Second molar	23-31 mos.	10-12 yrs.
	First molar	14-18 mos.	9-11 yrs.
	Canine (cuspid)	17-23 mos.	9-12 yrs.
	Lateral incisor	10-16 mos.	7-8 yrs.
	Central incisor	6-10 mos.	6-7 yrs.

