

Steps to Healthy Teeth

Infant up to 1 year



- Tooth decay can be spread, don't share things from your mouth with baby.
- Wipe out baby's mouth with a clean, soft cloth after each feeding.
- If a bottle must be used at bed or nap time, use water only.
- Begin using a cup at mealtimes when baby is about six months old.
- Clean baby's teeth 2 times a day with a small soft toothbrush.
- Take your child to the dentist at age 1.

Steps to Healthy Teeth

Toddler 1 to 3 years



- Brush your child's teeth with a soft brush 2 times a day.
- No more bottles or sippy cups by 14 months.
- Avoid sweet drinks, candy, and soda pop.
- Take your child to the dentist each year.

Steps to Healthy Teeth

Child 3 to 8 years



- Help your child to brush at least twice a day.
- Floss your child's teeth daily.
- Avoid sticky foods, candy, sweet drinks, and soda pop.
- Take your child to the dentist each year.

Baby teeth do matter!

Steps to Healthy Teeth



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Great Faces
Great Smiles

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