

# Healthy Teeth

Healthy teeth are important for young children's overall development. Parents play a vital part in making sure their children's teeth are healthy.

## HERE ARE SOME THINGS YOU CAN DO:



### DON'T LET BABIES FALL ASLEEP WHILE DRINKING FROM A BOTTLE

- Falling asleep with a bottle containing juice or milk in the mouth is the leading cause of tooth decay in young children.
- Children should not go to bed with a bottle unless it's water.



### START BRUSHING WHEN THE FIRST TOOTH APPEARS

- Dental disease can start at a young age, so start brushing your child's teeth as soon as they appear (usually around six months).
- Use a small amount of toothpaste with fluoride if possible. For children two years old and younger, use a dab of toothpaste the size of a grain of rice; for three years old and older, the size of a pea.



### START FLOSSING EARLY

- When a child has teeth that touch each other (usually between two and six years old), it is good to start using dental floss, if available.
- Flossing helps remove little pieces of food from areas that brushes cannot reach.
- It is important that children get used to teeth flossing early in their lives.



### AVOID SUGARY SNACKS AND DRINKS

- Snacking often on sugary foods damages the outer layer of teeth and causes cavities.
- If cavities are untreated, they can cause pain and serious infections.



### GET CHECKUPS FROM A DENTIST

- Dentists can identify and treat small problems before they become more serious.
- If needed, look for low- or no-cost dental clinics in your area.

