

Tips for Childhood HEALTHY SMILES

Help keep your child's smile healthy with clean teeth and nutritious foods.

CLEAN teeth every day!

Babies without teeth



Wipe baby's mouth with a clean wash cloth and water.

0-3 years



Brush twice a day using a rice-sized amount of toothpaste.

3-6 years



Brush twice a day, using a pea-sized amount of toothpaste.

Start flossing when teeth have no space between them.

Build smart DRINK habits



Introduce a cup no later than 12 months and finish weaning from the bottle by 15 months of age.



Offer water most often to children over one year. Limit juice to no more than 4 ounces per day.

Still breastfeeding? Keep nursing as much as you like.

Take your child to see the dentist by their first birthday and continue going twice a year after that. To protect teeth, be sure your child's toothpaste contains fluoride. Contact your health care provider if you see changes in your child's teeth, like spots, chips, or bleeding, or if they complain of pain.



SCAN ME

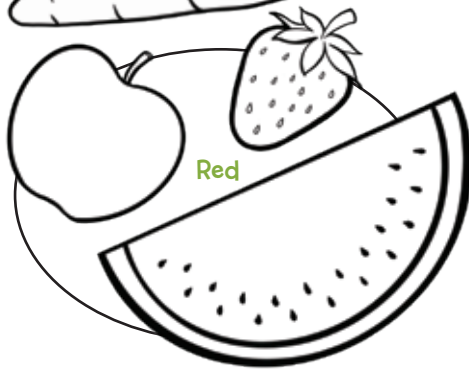
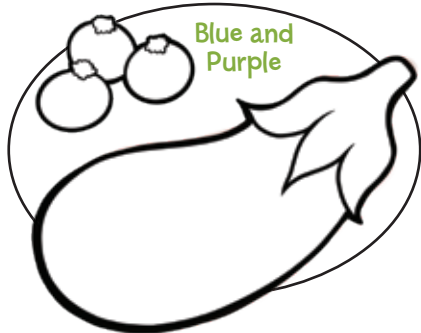
Scan the QR code for more tips on a healthy smile.



KIDS CORNER

Eat the rainbow

Color your favorite foods.



Toothbrush fun

What color is your toothbrush?



What does your cup look like?

Connect the dots to make a cup.
Color it to look like your favorite cup.

