Brush Up on Healthy Teeth Simple Steps for Kids' Smiles As soon as the first tooth appears, begin cleaning by wiping with a clean, damp cloth every day. When more teeth come in, switch to a small, soft toothbrush cleaning Begin using toothpaste with fluoride when your child is 2 years old. teeth early. Use toothpaste with fluoride before age 2 if your child's doctor or dentist recommends it. Use only a small amount of toothpaste (about the size Use the right

Use the right amount of fluoride toothpaste.

- Use only a small amount of toothpaste (about the size of a pea). Fluoride is important for fighting cavities. But if children younger than 6 years old swallow too much fluoride, their permanent teeth may have white spots.
- Teach your child to spit out the toothpaste and to rinse well after brushing.

Supervise brushing.

- Brush your child's teeth twice a day until your child has the skill to handle the toothbrush alone.
- Continue to closely watch brushing to make sure the child is doing a good job and using only a small amount of toothpaste.

Talk to your child's doctor or dentist.

Ask the doctor or dentist about your child's specific fluoride needs.
Children older than 6 months may need extra fluoride if the drinking water door not have prough.

Children younger than 6 years old should not use a fluoride mouth rinse unless recommended by a doctor or dentist.

 After age 2, most children get the right amount of fluoride to help prevent cavities if they drink water that contains fluoride and brush their teeth with a pea-sized amount of fluoride toothpaste twice a day.

Early care for your children's teeth will protect their smile and their health.



