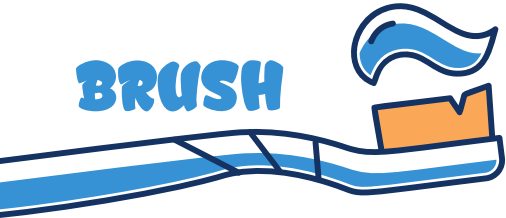






Children's Dental Care


Follow these steps to keep your teeth clean and healthy.


BRUSH





 **Brush your teeth at least twice a day.** It's best to brush your teeth after breakfast and before you go to bed.

 **Use a soft brush and change it often and after you have been sick.**

 **Spend at least 2 minutes each time you brush.** Brush the fronts, backs, and top surfaces of every tooth in slow circles.


 **Don't forget to brush your tongue.** This will help keep your mouth clean and fresh.

 **Use toothpaste with fluoride.** Fluoride in your toothpaste will help prevent cavities. Remember, you only need to use a pea size amount on your brush.

 **Do not swallow any toothpaste.** Use a small amount of toothpaste and don't forget to spit it out.



FLOSS

 **Floss your teeth every day** to reach the sides of the teeth that your toothbrush can't reach and to keep your gums healthy.

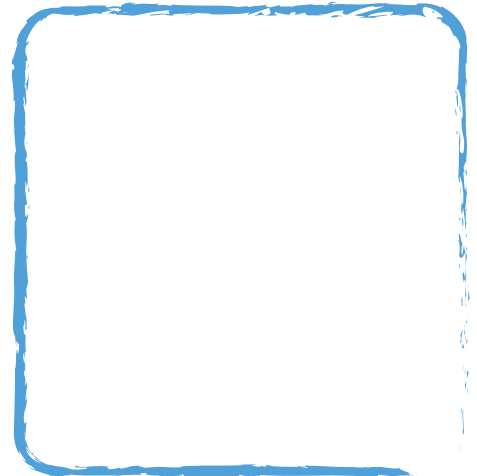
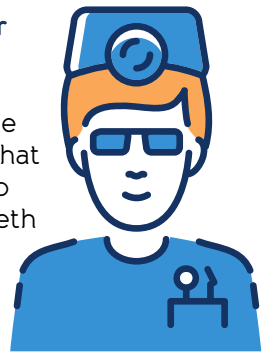
EAT HEALTHY FOODS

 **Choose healthy snacks to eat** like fruit, vegetables, cheese, and milk. Don't forget to drink fluoridated water.



VISIT YOUR DENTIST

 **Visit your dentist.** Get your teeth checked twice a year. Ask what you can do to keep your teeth healthy.



This information is not intended to replace the advice of a dental professional. If you have any questions about dental health, please see your dentist.

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