

HEALTHY MOUTH!

Regular dental visits for child and family beginning at 1 year old



Brush with a smear of toothpaste 2 times a day – assist child until 7-8 years old



Drink fluoridated tap water



HEALTHY FOOD!

No more than 4 ounces of 100% juice per day; given WITH a meal



Only water between meals



HEALTHY CHILDREN!

Hold baby to feed



Important: The last thing to touch your child's teeth before bedtime should be the toothbrush with a tiny smear of fluoride toothpaste!