



TOOTHY THINGS TO THINK ABOUT!

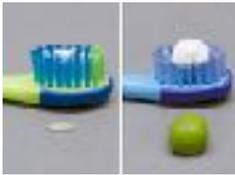
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Important reminders post dental varnish:

- Your child should try not eat or drink anything for 30 -45 minutes. This will give the varnish time to do its job.
- Don't brush your child's teeth until the next morning.
- Avoid pacifiers or bottles if possible immediately after varnish is applied or it may transfer onto those surfaces.
- Varnish can be applied every 60 days (or recommended at each well child exam after tooth eruption). Your Medical Provider will suggest a good time to start.

It's important to care for your baby's teeth from the start. Here's what to do:

- Begin cleaning your baby's mouth during the first few days after birth by wiping the gums with a clean, moist gauze pad or washcloth. As soon as teeth appear, decay can occur. A baby's front four teeth usually push through the gums at about 6 months of age, although some children don't have their first tooth until 12 or 14 months.
- For children younger than 3 years, start brushing their teeth as soon as they begin to come into the mouth by using fluoride toothpaste in an amount no more than a smear or the size of a grain of rice. Brush teeth thoroughly twice per day (morning and night) or as directed by a dentist or physician. Supervise children's brushing to ensure that they use of the appropriate amount of toothpaste.
- For children 3 to 6 years of age, use a pea-sized amount of fluoride toothpaste. Brush teeth thoroughly twice per day (morning and night) or as directed by a dentist or physician. Supervise children's brushing and remind them not to swallow the toothpaste.



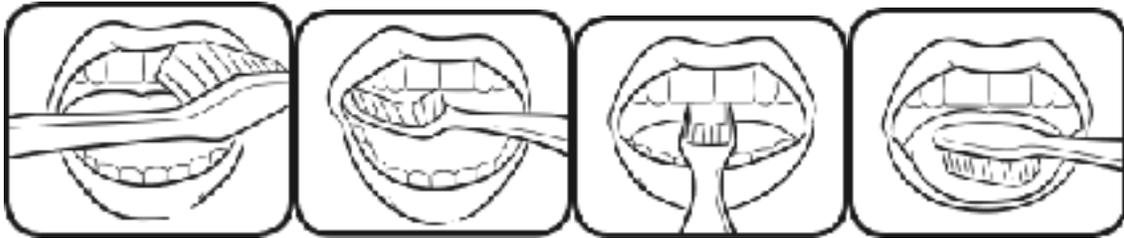
- Until you're comfortable that your child can brush on his or her own, continue to brush your child's teeth twice a day with a child-size toothbrush and a pea-sized amount of fluoride toothpaste. When your child has two teeth that touch, you should begin cleaning between their teeth daily.
- Watch your child's diet. What your child eats and drinks can hurt their baby teeth. Some drinks including fruit juice and soda can be high in sugar or acid. Limit sugary treats like cookies, too. Sugar and acid can make the outer shell (enamel) of teeth weak and put teeth at a higher risk for cavities.

When Should I take my child to the dentist?

After the first tooth comes in and no later than the first birthday. A dental visit at an early age is a "well-baby checkup" for the teeth. Besides checking for cavities and other problems, the dentist can show you how to clean the child's teeth properly and how to handle habits like thumb sucking.

Big Kids This is How to Brush:

- Place the toothbrush at a 45-degree angle to the gums.
- Move the brush back and forth gently in short strokes.
- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.
- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.
- Brush your tongue to remove bacteria and keep your breath fresh.



Big Kids This Is How to Floss:

- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.
- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.
- Curve the floss into a "C" shape against the side of the tooth.
- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.
- Floss all your teeth. Don't forget to floss behind your back teeth

