Healthy Dental Care Habits

Here's some tips and resources to get started in developing healthy dental care habits with your child:

- Be a good role model- set a healthy example by showing your kids that you practice good dental care, let them see you brush and floss for 10 minutes, at least two times a day
- Make your child's dental care routine a priority when they are very young, this will set a good foundation for years to come.
- Nutrition is an important part of oral health- teach kids about eating healthy and limiting high sugar foods.
- Serve food rich in calcium to build strong bones and teeth
- Limit high sugar drinks and fruit juices that linger on your child's teeth- offer water as a healthy alternative.
- Frequent snacking means your child needs more brushing and flossing- Plaque starts to build within 20 minutes of eating!
- Set up dentist appointments for your young child and role model healthy habits by seeing your dentist regularly.

It's important to teach kids about the importance of healthy dental care habits every day.

Tooth Care

Tooth decay is caused by food that is left on your teeth. These bits of food make a film on your teeth called plaque. Germs in the plaque make acid, which can eat holes in your teeth. These holes are called cavities.
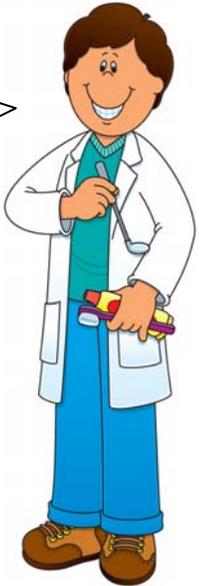
To Keep Your Teeth Clean and Strong:

- Brush your teeth twice a day, after breakfast and before you go to bed.
- Brush with toothpaste that has fluoride. Fluoride helps prevent cavities. (You should never swallow toothpaste).
- Use a toothbrush with soft bristles.
- Brush the front, back, and top of every tooth. Brush your tongue too!
- Visit your dentist twice a year. The dentist will clean and check your teeth.
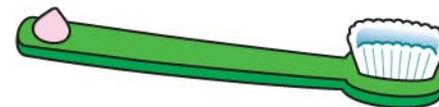
TOOTHPASTE

HOORAY

For a Bright Smile!

Congratulations for brushing and showing us your beautiful smile.

Awarded to: _____

Date: _____

_____
Signed

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