

Xylitol every day
makes cavities
go away!



REMEMBER THE BIG 4 FOR HEALTHY SMILES

- Daily brushing for you and your child.
- Bedtime brushing with fluoride toothpaste. Spit—don't rinse at night.
- 5 years and up; chew Xylitol gum or mints after every meal.
- Say "Cheese" please! Healthy diets make healthy smiles.

**ONLY
WATER IN
BEDTIME
BOTTLE**



Clean Gums Daily.

**START BRUSHING
WHEN TEETH
APPEAR**



**TIME FOR A VISIT TO
THE DENTIST!**



**HEALTHY SNACKS
THROUGHOUT
THE DAY**

Avoid Sugary Foods.



BRUSH EVERY DAY

*Use a Pea-sized dab of fluoride
toothpaste. Teach child to
"Spit—Don't Rinse"*

FIRST MOLARS

*Parent brushes with
child until age 6.*



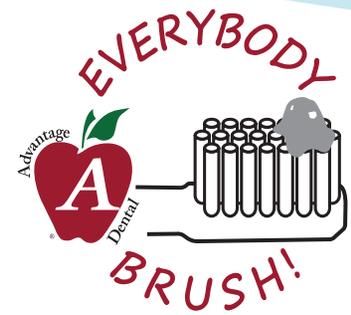
6-10 MONTHS

8-11 MONTHS

1 YEAR

2-3 YEARS

4-6 YEARS



START EARLY FOR A HEALTHY SMILE



Start Brushing Your Child's Teeth With the Very First Tooth.

Brush your child's teeth twice a day. Use a small, soft toothbrush and a "smear" of fluoride toothpaste. When your child is two (2) years or older, use a "pea" size amount of fluoride toothpaste, (see photos below).



Under 2 years = Smear



2 years and older = Pea sized

Each family member needs to have their own toothbrush!

Make Brushing Fun!

- Get out of the bathroom and find a comfortable, well lit space.
- Have your child sit or lie on your lap while you brush their teeth.
- Bring out a special toy for him/her to look at during the routine.



Guidelines from the American Academy of Pediatric Dentistry

Visit The Dentist

Even if you don't see any dental problems, bring your baby to the dentist by their 1st birthday.

The Dentist can:

- Check to make sure that teething is normal.
- Teach you how to care for your child's teeth as they grow.
- Answer your questions about fluoride and Xylitol.



Information provided by the Central Oregon Oral Health Coalition