Drink fluoridated tap water

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

HEALTHY MOUTH!

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

Only water between meals

HEALTHY FOOD!

Hold baby to feed

HEALTHY CHILDREN!

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

Modified from Dr. Francisco Ramos-Gomez and the American Academy of Pediatric Dentistry by C Eve J Kimball, MD – 12/2012