



# National children's Dental Health Month

Keeping those little smiles healthy since 1933

## Babies

Clean gums after feedings

Don't put to bed with milk, formula, or juices

Once teeth grow in, start brushing with a soft brush

Use a non-fluoride toothpaste until they know to not swallow

Schedule their 1st dental visit around their 1st birthday

## Toddlers

Brush for about 2 minutes

Switch to a fluoride toothpaste around age 2 - no swallowing!

Use a song, stopwatch, or app to track time and make it fun

By ages 3-4 all baby teeth should have appeared

If they are afraid of the dentist, have them sit on your lap

## Kids

Avoid sugary snacks and drinks

Assign the responsibility of brushing to your child

Remind them of the importance of dental health

Make dental health relatable - they want nice teeth for selfies!

Wear a mouth guard in sports to protect your teeth



## Sugary Drinks & Foods to Avoid

Soda . Candy . Sports Drinks . Energy Drinks . Fruit Juices . Popcorn

Gummy Fruit Snacks . Sour Candy . Ice . Crackers . Breath Mints

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