



# National children's Dental Health Month

Keeping those little smiles healthy since 1933

## Help Your Child Care for Their Teeth!

*To help your children protect their  
teeth & gums follow these simple steps:*

Brush twice a day with an ADA accepted fluoride toothpaste to remove plaque – the sticky film on teeth that is the main cause of tooth decay.

Floss daily to remove plaque from between your teeth and under the gum line, before it can harden into tartar. Once tartar has formed, it can only be removed by a professional cleaning.

Eating a well-balance diet that limits starchy or sugary foods, which produce plaque acids that cause tooth decay. When you do eat these foods, try to eat them with your meal instead of as a snack, the extra saliva produced during a meals helps rise food from the mouth.

Use dental products that contain fluoride, including toothpaste.

Take your child to the dentist for regular checkups.

### *What Brushing Techniques can I Show My child?*

Use a pea-size dab of ADA accepted toothpaste. Make sure they don't swallow it!

Using a soft-bristled toothbrush, brush the inside surface of each tooth.

Clean the outer surfaces. Angle the brush along the outer gum line.

Gently brush back and forth.

Brush the chewing surface of each tooth. Gently brush back and forth.

Use the tip of the brush to clean behind each front tooth, both top and bottom.

It's always fun to brush the tongue!