

TOOTH FAIRY TIPS FOR HEALTHY TEETH



The American Dental Association recommends children visit a dentist by age one.

SET A GOOD EXAMPLE: BRUSH TWICE A DAY FOR 2 MINUTES ~ FLOSS DAILY

For Babies and Toddlers:

Keep your baby's mouth healthy by wiping away food after every feeding using a soft, wet cloth.

Cold foods like yogurt can relieve teething pain.

Fill bottles and cups with water for between meal drinks for your little ones.

Avoid sugary drinks. Sipping them during the day increases the chance of tooth decay.

Pacifiers after age 4 can affect alignment of permanent teeth.

When you see two teeth are touching, it's time to start flossing your child's teeth.

Use a pea-sized amount of fluoride toothpaste for toddler's teeth.

Teach your kids to brush for 2 minutes with the help of an egg timer.

For Preschoolers and up:

Crunchy foods like celery sticks and apples help naturally clean your teeth.

Drink milk. Jaw bones need calcium to stay healthy.

Snacks of cheddar cheese and raw vegetables are tooth-friendly.

Vitamin C-rich foods help keep gums healthy.

Limit eating sticky foods, they increase risk of decay.

If there is no time for brushing, rinsing with water after meals will help remove food.

Avoid sugary drinks. Sipping them during the day increases the chance of tooth decay.

An electric toothbrush makes it fun and easy for kids to do a good job brushing.