HEALTHY MOUTH!

- 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
- Drink fluoridated tap water

HEALTHY FOOD!

- No more than 4 ounces of 100% juice per day; given WITH a meal
- Only water between meals
- ChooseMyPlate.gov

HEALTHY CHILDREN!

- Hold baby to feed
- CAUTION: no sugary drinks
- Healthy fruits and veggies

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