



Brush Up on Oral Health

When kids do not see a dentist until after they are 3 years old, they risk having more challenging health issues that can affect them for the rest of their lives.

Healthy teeth are important for overall health (Teeth matter!)

Following guidelines are recommended.

- Brush twice a day – two minutes – just a smear is okay! Adults help your little ones.
- Floss daily when teeth touch.
- 1st. dental visit by 1st. birthday
- Limit juice (1/2 cup) and sugar to once a day with meal.
- Fluoridated water is the best! Drink only water between meals.
- Fluoride varnish, sealants, and fluoridated toothpaste prevents cavities.