

# Building a Healthy Mouth and Body

1

The germs that cause tooth decay spread from person to person. Avoid sharing toothbrushes, food, cups and eating utensils.

2

Frequent sipping on milk and juice leads to early childhood cavities.

3

Wipe baby's gums with a soft, damp cloth after each feeding. Start brushing as soon as the first tooth appears.



4

Lift the lip once a month to look for chalky white or brown spots at the gum line.

5

Children should visit the dentist by their first birthday.

6

Brush at least 2 times a day for 2 minutes.

7

Brush all surfaces of the teeth plus tongue.

8

Parents should supervise brushing until children are 7-8 years old. After brushing, have child spit out, but do not rinse. The small amount of toothpaste that stays in your child's mouth is good for the teeth.



9

Use a brush with soft bristles. Change brushes every 3 months.

10

A child's age determines the amount of toothpaste with fluoride that should be used.



smear  
under age 3

pea-size  
age 3 and older