"Brush and Floss Every Day"
Brushing and Flossing Your Child's Teeth

Visit your dentist regularly—at least once a year.

Brush twice a day, after meals and before bedtime, to prevent cavities.

Replace toothbrush every three months if your child has just recovered from an illness.

Use a child-size, soft-bristle toothbrush.

Help Your Child: Are you helping your child brush twice a day? In the morning and before bedtime.

Provide healthy foods. Limit how often sweet snacks are offered, especially sticky sweets.

The Child to Teeth:

Put fluoride toothpaste on 2-year-old’s toothbrush. Ask your dentist to apply dental sealants on permanent teeth and are meant to last a lifetime. Ask your dentist if your child needs them.

Brush your child’s teeth once a day until the age of nine. After that age, most children will have the chewing surfaces.

Check occasionally to make sure that children are brushing too hard. Brushing too hard will harm.

Or missing tooth surfaces.

Floss your child’s teeth once a day until the age of nine when most children will have the chewing surfaces.

Fill all holes from your teeth. All types of Ross will clean well.

Parents need to help children learn to take care of their teeth. Suggestions to treat different concerns:

• Your child needs to be cavity-free.