

Smiles — THAT — SHINE

Good dental habits can benefit children for their entire lives. Follow these simple guidelines for Smiles That Shine:



Brush and Floss

- Brush gently all around your child's baby teeth -- front and back.
- Use fluoride toothpaste after age 2. Parents can help children brush and floss until they can do it on their own.
- Brush teeth and gums at least twice a day for two minutes each time (long enough to hum "Mary Had a Little Lamb").
- Floss at least once a day. Flossing cleans between teeth, where a toothbrush can't reach.



Eat Healthy

- Eat healthy foods with protein, calcium, and vitamins A, C, and D.
- Choose "teeth-friendly" foods and snacks such as cheese, raw vegetables, plain yogurt, and fruit.
- Avoid sugary drinks and snacks, especially at night. Sugar can stay on the teeth overnight and cause decay.



Visit the Dentist

- Get regular checkups beginning with the first tooth, but no later than age 1.
- Ask the dentist if extra protection is needed. A dentist can put fluoride varnish or sealant on teeth as a barrier.



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