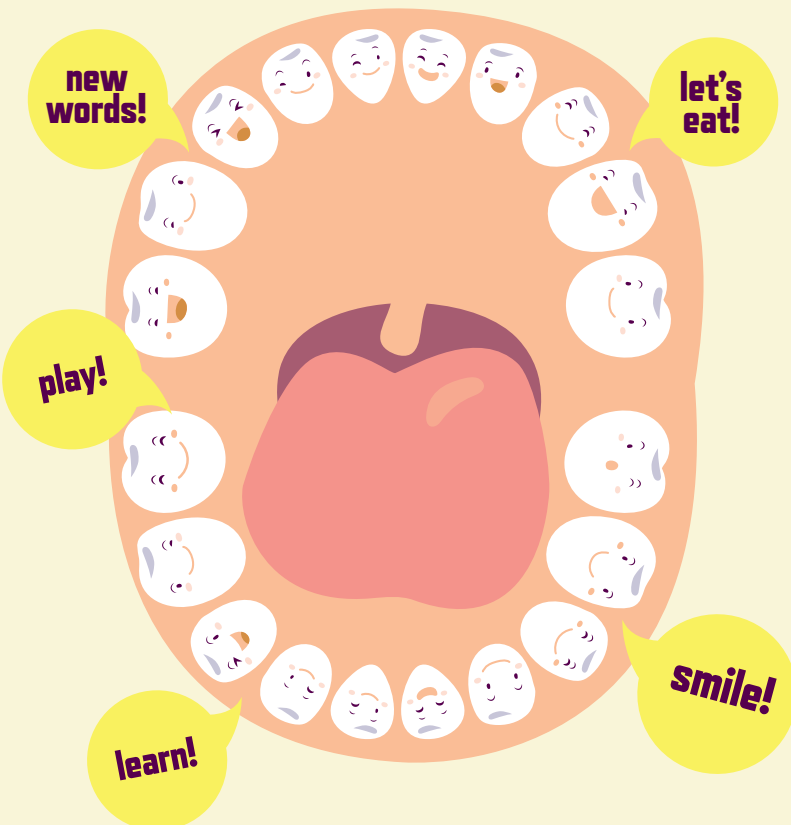


\* When you  
say “hello” to  
that first \*  
\* it’s time to  
plan for  
your child’s  
oral health!



A baby or child with  
good oral health has a  
mouth free from:

**pain,  
infection,  
sores,  
tooth decay & loss,  
diseases & disorders  
that limit  
speaking,  
smiling,  
eating &  
overall health.**



Tooth decay—cavities—is  
one of the most common  
childhood diseases in  
the U.S. \*

Experts report that  
children who have poor  
oral health miss more  
school days and have  
lower grades than  
children with good oral  
health.

# GOOD ORAL HYGIENE SHOULD HAPPEN EARLY AND REGULARLY!

## ORAL HYGIENE BASICS

You should watch and coach your child when they're brushing their teeth. Everyone should brush for at least two minutes, twice a day. Set a good example: brush your teeth with your child!

### By age 1:

Your child should visit a dentist for their first checkup.

### Younger than 3:

Your child should brush twice a day. A "smear" of toothpaste with fluoride is all that's needed for brushing—and fluoride will protect your child's teeth.

### Older than 3:

Make sure your child only uses a pea-sized amount of toothpaste with fluoride and that they always spit out toothpaste, not swallow it.



Healthy eating at home  
is good for everyone's  
oral health!

### EAT LESS:

Foods that are high in sugar—sugary foods cause tooth decay.

### DRINK LESS:

Juice, milk, soda, sports drinks and other sugary drinks.

Florida Health Communications 02/05/18



Learn more at:  
[FlHealth.gov/dental](http://FlHealth.gov/dental)