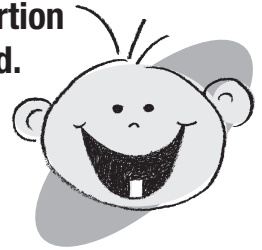




Ten tips for parents...

to help build healthy oral habits for their children

1. Before your baby has teeth, wipe the gums gently with a clean wet cloth after each feeding.
2. **If your baby sleeps with a bottle or sippy cup at naptime or bedtime, fill it with water only.**
3. If your baby normally falls asleep while feeding, brush his or her teeth before feeding.
4. **Lift your baby's lip and watch for changes in colour, lines or spots on your child's teeth as these may be signs of potential problems.**
5. For children from birth to 3 years of age, talk to your dentist about whether fluoridated toothpaste is appropriate for your child and how much should be used.
6. **For children from 3 to 6 years of age, only a small amount (a portion the size of a green pea) of fluoridated toothpaste should be used. Children in this age group should be assisted by an adult when brushing their teeth.**
7. Begin flossing at least once a day when your child's teeth are touching.
8. **Change your child's toothbrush every one to three months or immediately after an illness.**
9. To prevent spreading germs that cause tooth decay, do not put anything in your child's mouth if it has been in your mouth. Don't share spoons, cups, food, toothbrushes, etc.
10. **Visit your dentist by the age of one year, or when the first teeth appear. Take your child to the dentist for regular checkups to make sure there are no problems.**



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