



Save Those Smiles!



**C.S. MOTT
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UNIVERSITY OF MICHIGAN
HEALTH SYSTEM

Tips for Healthy Teeth

Early Prevention

- Starting brushing when the first tooth appears.
- Your child should be seen by a dentist by 12 months of age.

Fluoride

Fluoride strengthens the enamel and protects teeth against cavities.

- Most public or “city” drinking water contains fluoride.
- Most toothpaste contains fluoride.
- Ask your child’s doctor or dentist if your child requires additional fluoride supplementation.

Diet

- Avoid fruit juices, carbonated and other sugary drinks.
- Give only water to drink between meals.
- Limit sugary, sticky or frequent snacks.
- Infants should not go to bed with a bottle.
- Wean from the bottle at 12 months of age.

Caregiver Hygiene

As your child’s caregiver, your dental health is very important. Bacteria from your mouth may be transferred to theirs. Avoid:

- sharing utensils
- cleaning a pacifier with your saliva
- kissing on mouth

Help your kids brush their teeth twice a day for two minutes each time and floss daily until they are at least 6-8 years old.



Use a rice grain-sized amount of fluoride toothpaste for kids under 3 years. Use a pea-sized drop for children ages 3-6 years.



If your child is still thumb sucking or using a pacifier after age 3, discuss this with your doctor/dentist.