

BRUSH UP TIPS

Optimal Oral Health for a Lifetime of Smiles



FOR BABIES

- Wipe gums **twice** a day with a soft, clean cloth in the morning after the first feeding and at night before bed
 - Helps wipe away bacteria and sugars that cause cavities
- Start brushing **twice** a day with a soft, small-bristled toothbrush and **plain water** when teeth come in
- To spot signs of problems early, **schedule** an appointment with your baby's dentist by their **first birthday**
- Talk to your baby's doctor or dentist about putting **fluoride varnish** on your baby's teeth as soon as their first tooth appears
- For children younger than 2 years old, **consult** with your doctor or dentist about the use of a fluoride toothpaste

FOR CHILDREN

- Brush teeth **twice** a day with fluoride toothpaste
- **Help** your child brush their teeth until they have developed good brushing skills
- If your child is **younger** than 6 years old, **watch** them brush their teeth.
 - Make sure they use a **pea-sized** amount of toothpaste
 - **Always** spit the toothpaste out - **do not** swallow
- Ask your child's dentist to **apply** dental sealants when appropriate
- Make sure your child drinks tap water that contains fluoride
 - Fluoride helps build **stronger** teeth as they develop
 - Keeps tooth enamel **strong** and **resistant** to cavities forever



Kentucky Public Health

Prevent. Promote. Protect.

Oral Health

Source: Center for Disease Control and Prevention. 2024. Oral Health. Oral Health Tips for Children. <https://www.cdc.gov/oral-health/prevention/oral-health-tips-for-children.html>