

Cambridge Healthy Smiles Program

Dental Health Tips for Parents of Young Children

- A tooth needs to be cleaned as soon as it can be seen in the mouth.
- Brush teeth twice a day for two minutes.
- For infant care, use a washcloth, small soft toothbrush, or finger brush.
- Brushing:
 - Use a pea size amount of toothpaste on the brush.
 - Use a soft small toothbrush.
 - Brush in circles.
 - Brush your gums and teeth.
 - Open your mouth and brush top and bottom separately.
 - Brush all surfaces of all teeth.
 - Don't forget to brush the tongue.
 - Rinse out thoroughly with water.
- Replace your child's toothbrush every three months or after your child has been sick.
- It is recommended that Parents help children with brushing until they are 7 years old.
- Bring your child to the dentist for their first visit at age one.
- Tooth decay is caused by bacteria, which can be transferred from family members. Don't share toothbrushes, cups, or utensils.
- To prevent tooth decay, only give young children formula, milk, or water to drink.
- Once teeth are present, only give your child water during the night.
- Limit drinks that contain high amounts of sugar (like juice) and snacks that stick to the teeth (like crackers and gummies). They increase the likelihood of tooth decay.
- Rinse with water after eating when you do not have a brush. This washes away food and mouth germs.
- Cambridge water contains fluoride, which prevents decay by making your teeth stronger.



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