



**February is Children's Dental Health Month! Here are Parent Dental Tips for your Children:**

- ♥ **A tooth needs to be cleaned as soon as it is in the mouth.**
- ♥ **Brush your child's teeth twice a day, for two minutes.**
- ♥ **Use a small soft toothbrush or finger brush.**
- ♥ **Brushing:**
  - **Use a pea size amount of toothpaste on your brush**
  - **Use a soft toothbrush**
  - **Brush in circles**
  - **Brush your gums and your teeth**
  - **Open your mouth and brush top and bottom separately**
  - **Brush all surfaces of all your teeth**
  - **Don't forget to brush your tongue**
  - **Rinse out thoroughly with water**
- ♥ **Remember to replace your child's toothbrush every three months or after your child has been sick.**
- ♥ **First visit the dentist - at one-year-old bring your child to the dentist for an exam.**
- ♥ **Tooth decay is caused by bacteria- which can be transferred from the parent. Don't share cups or utensils.**
- ♥ **Only use bottles and sippy cups for formula, milk or water.**
- ♥ **Once teeth are present- only give your child water at night if they are thirsty.**
- ♥ **Limit sugary drinks and snack, including juice – they increase the incidence of tooth decay.**
- ♥ **Rinse with water after eating when a brush is not available, it washes away food and mouth germs.**
- ♥ **Cambridge water has fluoride which prevents cavities by making your tooth stronger.**