



# Children dental health

Children need to brush and floss their teeth every day.

Begin tooth brushing after your child gets his or her first tooth. Clean and massage gums in toothless areas with clean gauze, too. Begin flossing when all of the baby teeth have come in.



Sticky, chewy, sugary foods and drinks promote tooth decay. It is better to eat these foods with (not between) meals.

A baby can get tooth decay from falling asleep with a bottle of formula, milk, juice, sugar water, or soft drinks.

Instead of a bottle that has a liquid with any source of sugar, give your child a clean pacifier between feedings, at naptime, or at night. Don't dip the pacifier in sugar or honey.

Fluoride is a mineral that helps make teeth strong and prevents tooth decay. If your water supply does not have enough fluoride, your child's doctor may prescribe it in drops or pills. Give it as advised. Too much can cause spots on your child's teeth.