

**Brush your teeth in front of your children.**

Children mimic what they see, so teach them by example.

**Establish healthy habits early.**


Avoid giving children snacks or drinks other than water once they've brushed their teeth.

**Start brushing once the first tooth comes in.**

The American Academy of Pediatric Dentistry recommends a smear of fluoride toothpaste for children under two, then increasing to a pea-sized amount once they can spit.

**Wear a mouthguard.**

The American Dental Association recommends mouth guards for contact sports as well as gymnastics, skating, and other non-contact activities.



# TOP 10 TIPS For Keeping Kids' Teeth Healthy



**Brush for two minutes a day, twice a day.**

Sing a silly song, play a video on your smart phone, or pretend the toothbrush is playing hide-and-seek with sugar bugs to make the time pass quickly.

**Apply fluoride.**

Professionally-applied fluoride varnish can prevent about one-third of decay in baby teeth, according to the Centers for Disease Control and Prevention (CDC).

**Make brushing fun!**

There are many cool toothbrushes from ones that are character-themed to ones that play music.

**Eliminate gummy candy.**

Gummies, junk food, soda, even sports drinks are loaded with sugar that can cause cavities.

**Floss once a day.**

As soon as two teeth touch each other, it's time to start flossing.

**Seal out decay.**

Applying sealants on the top surfaces of back teeth can prevent tooth decay.

