



DENTAL HEALTH

Healthy teeth are an important part of your child's overall health. Helping your child develop good oral health begins at birth.

General Tips

- Brush your teeth 2 times per day
 - For babies, wipe their teeth with a soft, damp cloth
 - After 1 year, you can use a toothbrush with water or non-flourinated toothpaste
 - After 3 years, you can add fluorinated toothpaste but don't let them swallow it!
- Show your child how to floss at a young age
- Take your child to the dentist for the first check-up by age 1 or within 6 months of their first tooth
- Do not let your baby go to bed with a bottle
- Limit sugary drinks, including juice

For more information

Caring for Kids www.caringforkids.cps.ca

- Visit the Healthy Bodies page and scroll down to "Healthy Teeth for Children" under Healthy habits section

Canadian Dental Association www.cda-adc.ca

- Click on Your Oral Health, then Caring for Your Teeth, and then choose "Dental Care for Children"

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