

HEALTHY TEETH

DID YOU KNOW?



Did you know that cavities are the most common disease in children? And that children need strong teeth to eat, speak and grow healthy?

Help brush your child's teeth twice every day with fluoride toothpaste as

soon as their first tooth grows.

Toothpaste with fluoride is safe and makes the teeth stronger.

Don't use "training" toothpaste because it does not have fluoride.

Use a dab smear of kid's fluoride toothpaste **the size of a grain of rice** until your child can spit.

HOW DO YOU TAKE CARE OF YOUR TEETH?



Around age three until age 6 use no more than **a pea size amount** of toothpaste.

PEA SIZE



Brush your child's teeth every morning and every night.

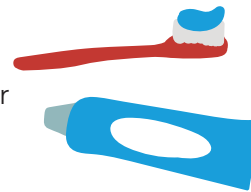
You can make brushing part of your morning and nighttime routine. After brushing at night, don't give anything to eat or drink except water.



BRUSH TEETH EVERY MORNING AND EVERY NIGHT



Your child needs help brushing their teeth **until age 8**, or when they can tie their shoes.



Older children can practice brushing their teeth, but they still need you to make sure all teeth get brushed on all sides.



HEALTHY TEETH

WHAT'S GOOD FOR MY TEETH?

Circle the good things for your teeth and cross out the bad things:



CRUNCHY VEGGIES



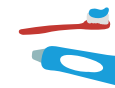
CHEWY CANDY



SUGAR



WATER



FLUORIDE TOOTHPASTE



SUGARY DRINKS

Rady Children's

GROWING MINDS

In partnership with

KOHL'S Cares