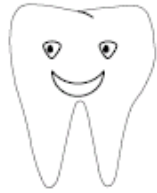


# Oral Health

## How Can I Keep My/My Child's Teeth Healthy?



### Brush and Floss Every Day

- Begin visiting the dentist as early as 1-3 years of age
- Use a soft-bristled nylon brush
- Hold the brush at a angle to the teeth
- Brush back and forth and in little circles twice a day for 3-5 minutes
- Clean all sides of all the teeth
- Brush the tongue
- Brush along with your child while listening to a song or use of a timer for 3 minutes
- Use fluoride toothpaste
- Floss for them or teach them how to floss at least once a day to remove plaque from between the teeth
- Encourage your child to dry brush while he/she watches T.V.
- Replace old tooth brushes about every 3 months and especially if your child has the flu or a cold
- Provide a balanced diet, limit sugary snacks and substitute with fruit or vegetables
- Prepare for what the dentist will do before they go, for example ask them to open wide, show them how to brush, have them watch the dentist during your visit.
- For more information visit the following websites:
  - [www.colgate.com](http://www.colgate.com) articles about Oral and Dental Health at Any Age
  - [www.ifloss.org](http://www.ifloss.org) a list of dental clinics and other dental resources
  - American Academy of Pediatrics for oral health resources  
<http://www.aap.org/commpeds/doch/oralhealth>
  - National Foundation of Denistry for the Handicapped to find Donated Dental Services [http://www.nfdh.org/joomla\\_nfdh](http://www.nfdh.org/joomla_nfdh)