



## Healthy Habits for Happy Smiles



# Brushing Your Child's Teeth

Brushing is one of the main ways that you can keep your child's teeth healthy. Begin brushing as soon as your child's first tooth begins to show. Brush your child's teeth with fluoride toothpaste twice each day to help prevent tooth decay (cavities).



## Oral Health and Being Ready for Preschool and School

Children with poor oral health may have their speech impacted, have a hard time concentrating or learning because they are in pain, and may miss more school days.



Use a smear  
of fluoride  
toothpaste the  
size of a grain  
of rice.  
for children  
under age 3.

Use a pea-sized  
amount of  
fluoride  
toothpaste  
for children  
ages 3 to 6.

For videos and more information  
on taking care of your child's  
mouth, visit:



[hrsa.gov/oral-health](https://hrsa.gov/oral-health)

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## Tips for Brushing Your Child's Teeth:

- Brush your child's teeth after their first and last meal of the day.
- Use a child-sized toothbrush with soft bristles and fluoride toothpaste.
  - For children under age 3, use a small smear of toothpaste the size of a grain of rice.
  - For children ages 3 to 6, use toothpaste the size of a pea.
- Young children like to do things by themselves. It's good to let children brush their teeth while an adult watches. Adult supervision is recommended for children under age 7 or for those who cannot brush their teeth well on their own.
- Find a position where your child is comfortable and where you can see your child's teeth while you brush. For example, sit on the floor with your baby's or young child's head in your lap or stand behind your child in front of the mirror.
- Gently brush your child's teeth using small circles. Brush all sides of the teeth, including the fronts and backs.
- After brushing, have your child spit out the remaining toothpaste but not rinse. The small amount of toothpaste that stays in your child's mouth is good for the teeth.
- If you are having trouble brushing your child's teeth, use a timer, counting game, song, or a video while brushing. You can also ask the staff at your child's dental office or clinic for help.
- Take your child to the dentist when their first tooth erupts, or no later than their first birthday.

Open your smart-phone camera app and scan the code to learn more.

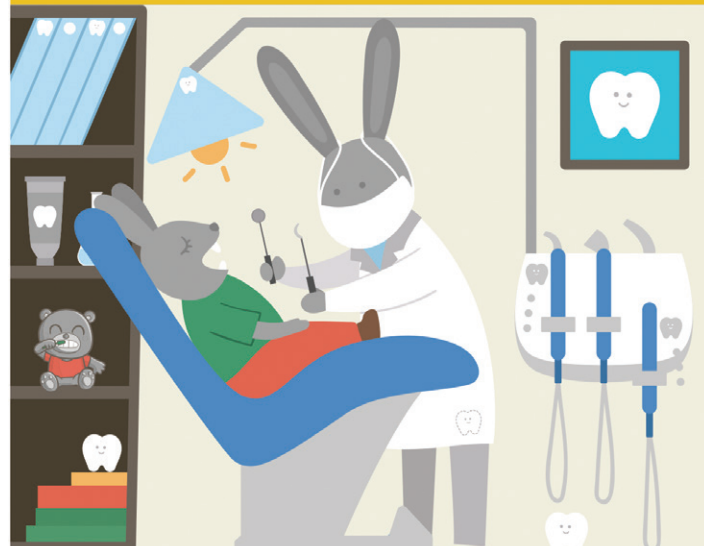


## Fun Activities to Work on Together

Color me in!



### Where are the teeth?



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