

Cambridge Healthy Smiles Parent Dental Tips for your Children:

A tooth needs to be cleaned as soon as it is in the mouth.



Brush your child's teeth twice a day, for two minutes.



Use a small soft toothbrush or finger brush.



Brushing:

- Use a pea size amount of toothpaste on your brush
- Use a soft toothbrush
- Brush in circles
- Brush your gums and your teeth
- Open your mouth and brush top and bottom separately
- Brush all surfaces of all your teeth
- Do not forget to brush your tongue
- Rinse out thoroughly with water



Remember to replace your child's toothbrush every three months or after your child has been sick.



First visit the dentist - at one-year-old bring your child to the dentist for an exam.



Tooth decay is caused by bacteria- which can be transferred from the parent. Don't share cups or utensils.



Only use bottles and sippy cups for formula, milk or water.



Once teeth are present- only give your child water at night if they are thirsty.



Limit sugary drinks and snack, including juice – they increase the incidence of tooth decay.



Rinse with water after eating when a brush is not available, it washes away food and mouth germs.



Cambridge water has fluoride which prevents cavities by making your tooth stronger.



Cambridge
Public Health
Department

