Cambridge Healthy Smiles Parent Dental Tips for your Children:
A tooth needs to be cleaned as soon as it is in the mouth.

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 Brush your child’s teeth twice a day, for two minutes.
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 Use a small soft toothbrush or finger brush.
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 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

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

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

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

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

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

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

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

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