Hold baby to feed

HEALTHY MOUTH!

Regular dental visits for child and family beginning at 1 year old
Brush with a smear of toothpaste 2 times a day – assist child until 7-8 years old
Drink fluoridated tap water

HEALTHY FOOD!

No more than 4 ounces of 100% juice per day; given WITH a meal

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Only water between meals

HEALTHY CHILDREN!

Hold baby to feed

CAUTION

Important: The last thing to touch your child’s teeth before bedtime should be the toothbrush with a tiny smear of fluoride toothpaste!