

Brush for 2 minutes,
2 times a day!



4/21/21

Tips for Healthy Teeth

- Clean baby's gums every day
- Do not put your baby to bed with a bottle
- Give your child water to drink every day
- Ask your doctor or nurse to check your baby's teeth
- First tooth = First dental visit



EBCI



Public Health and
Human Services
Children's Dental Program



If you need assistance, call
828-359-6197 or
CIHA Dental Clinic
828-497-9163 ext. 6478



Nashville Area Dental
Support Center United
South and Eastern Tribes, Inc.
Nashville, TN

Wipe 
Smear
 **Brush**



**Tips for Cleaning
Your Child's Teeth**



Wipe

Before teeth come in, wipe baby's mouth with a moist cloth or special baby gum brush.



Smear

When teeth start to come in, around 4-8 months, start using a small smear of toothpaste.



This is easy if you wipe toothpaste across the brush. Use this amount until your child's third birthday.

Brush

After your child reaches age 3, use a pea-size dab of toothpaste.

Use fluoride toothpaste every morning and night.



Check after your child brushes to make sure their teeth are clean.