



# Happy Children's Dental Health Month

Brush, Book, Bed!



## BRUSH

twice a day for two  
minutes each time



## BOOK

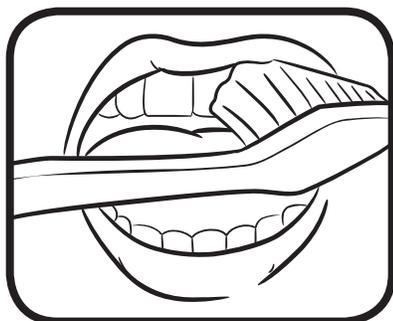
read with your children a  
story or two each night



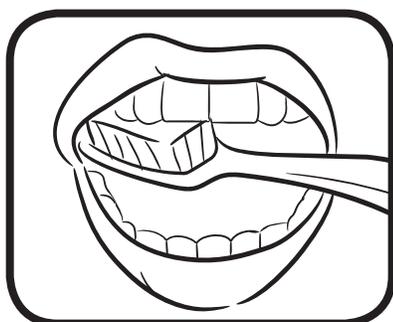
## BED

make it a routine & begin  
30 minutes before bed

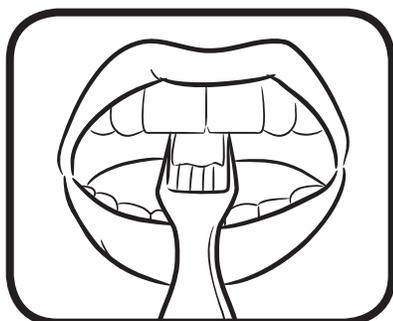
# How to Brush



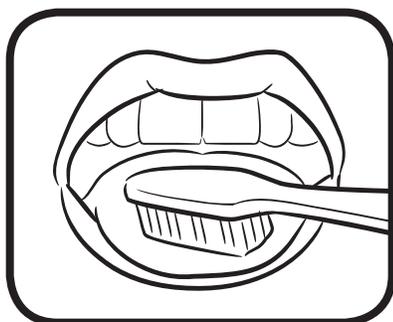
- Place the toothbrush at a 45-degree angle to the gums.



- Move the brush back and forth gently in short strokes.

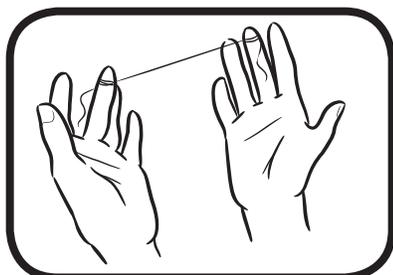


- Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.
- To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.

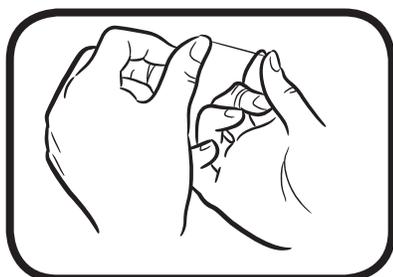


- Brush your tongue to remove bacteria and keep your breath fresh.

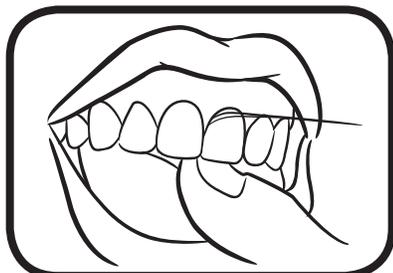
# How to Floss



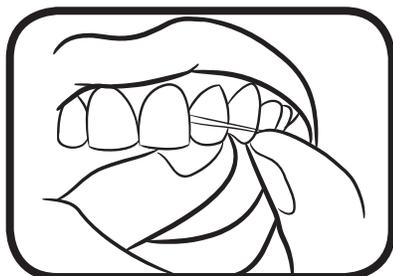
- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



- Curve the floss into a "C" shape against the side of the tooth.



- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



- Floss all your teeth. Don't forget to floss behind your back teeth.

Brush for 2 minutes,  
2 times a day!



4/21/21



## Get Dental Care for Your Child

- Check your child's teeth and gums once a month. Look for white spots. If you see white spots, take your child to a dentist right away.
- If your child has not been to the dentist, make an appointment.
- Continue to visit the dentist to have your child's teeth and gums checked. The dentist will tell you when you need to come back.

## Keep Your Own Mouth Healthy

- Brush your teeth with a soft toothbrush and toothpaste with fluoride, twice a day, after breakfast and before bed.
- Floss once a day before bedtime.
- Eat healthy foods, like whole-grain products, dairy products, fruits, vegetables, meat, fish, chicken, eggs, beans, and nuts.
- Eat fewer sweets like candy, cookies, or cake. Drink fewer sugary drinks like fruit-flavored drinks or pop (soda). Eat sweets or drink sugary drinks at mealtimes only.
- Get dental care.



## Resources

### Finding a Dentist

- <http://www.aapd.org/finddentist>
- <https://findadentist.ada.org>
- <http://www.knowyourteeth.com/findadentist>

### Finding Low-Cost Dental Care

- <http://www.nidcr.nih.gov/FindingDentalCare/ReducedCost/FLCDC.htm>

### Finding Dental Insurance Coverage

- <https://www.insurekidsnow.gov>

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## A Healthy Smile for Your Young Child

### Tips to Keep Your Child Healthy



Taking care of your young child's teeth and gums is important. Brush your child's teeth, give your child healthy foods, and take your child to the dentist. If you take care of your teeth, it will help your child's teeth stay healthy, too.

Children need healthy teeth.

Healthy teeth help them to chew and to speak clearly. Baby teeth also make space for adult teeth. Young children want to brush their own teeth, but they need help. Until your child is about 7 or 8, you should brush her teeth.

Give your child a healthy start! Here are tips to keep your child's teeth and gums healthy.



## Take Care of Your Child's Mouth

- Brush your child's teeth with toothpaste with fluoride (floor-ide) twice a day, after breakfast and before bed. Use a soft toothbrush made for young children.
- For children under age 3, use a small smear of toothpaste. For children ages 3 to 6, use toothpaste the size of a pea.



*Smear*



*Pea-size*

- Brush the front and back of your child's teeth. Lift his lips to brush at the gum line of his front teeth.
- Make sure your child spits out the toothpaste after brushing. Do not have your child rinse with water. The toothpaste that stays in your child's mouth is good for his teeth.
- Floss your child's teeth if they touch each other. Ask dental office staff for help.
- If your child has sore gums from a tooth coming in, give him a cold teething ring, cool spoon, or cold wet washcloth. Or you can rub your child's gums with a clean finger.
- Germs can pass from your mouth to your child's mouth. Use a different spoon to taste your child's food. If your child's pacifier falls on the floor, clean it with water.
- Do not dip pacifiers in sweet foods like sugar, honey, or syrup.

## Give Your Child Healthy Foods

- Give your child healthy foods. Give her foods like fruits, vegetables, whole-grain products like bread or crackers, and dairy products like milk, yogurt, or cheese. Lean meats, fish, chicken, eggs, and beans are also good for your child.
- Wean your child from a bottle to a cup by age 12 to 14 months.
- Do not put your child to sleep with a bottle filled with milk, juice, or sugary drinks like fruit-flavored drinks or pop (soda).
- Serve juice in a cup with no lid, not a bottle. For children ages 1 to 3, offer no more than 4 ounces of juice each day. For children ages 4 to 6, offer no more than 4 to 6 ounces of juice each day. Give your child 100-percent fruit juice only. It is even better to give your child fruit instead of juice.
- Give your child water several times a day. The water should have fluoride.
- Give your child fewer sweets like candy, cookies, or cake. And give your child fewer sugary drinks. If you give your child sweets or sugary drinks, give them at mealtimes only.
- Reward your child with a big smile or a hug, not with food.



# Know Your “B’s”

## Brush, Book, Bed



### Brush

Help your children brush for two minutes, twice a day, with fluoride toothpaste.



### Book

Read a story (or two!) to your children every day.



### Bed

Have a regular bedtime, and start your nighttime routine 30 min before bed each night.



More info at [oralhealthnc.org/brush-book-bed](http://oralhealthnc.org/brush-book-bed)



NC ORAL HEALTH  
COLLABORATIVE



# Keeping Your Teeth and Gums Healthy When You Have Diabetes



People with diabetes have a higher chance of having teeth and gum problems. This is why it is important to manage your blood sugar and take care of your teeth and gums.

## Ways to take care of your teeth and gums:



**Brush your teeth twice a day.**



**Floss your teeth each day.**



**Get a dental exam at least once a year.**



**Avoid foods and drinks that are high in sugar.**



**Do not use commercial tobacco, including smokeless and chewing tobacco.**



## Let your health care team know if you have any of these problems:

- Red or swollen gums
- Pain when chewing
- Loose and shifting teeth
- Bad breath that does not go away
- Sore or bleeding gums when brushing or flossing





## 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

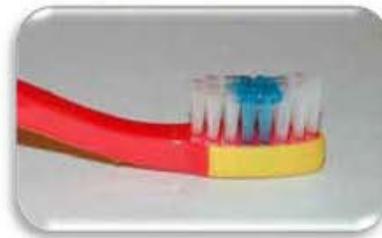
# Wipe

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 second 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 teeth are clean.

