



## Keeping Your Child's Smile Healthy

All children are at risk for dental caries and dental disease.  
**Both are preventable.**

Visits to the dentist **should occur twice a year** and be combined with preventive care and good oral hygiene.

All children can be referred to the dentist with the eruption of the first tooth and must be referred to a dentist by the age of 3.

### What does a healthy smile require?

- Good oral hygiene before the eruption of the first tooth
- Visits to the dentists twice a year for oral exams & cleanings
- Application of fluoride varnishes/topical fluoride
- Treatment at the first sign of disease\*
- Use of fluoride toothpastes and supplements
- Good nutrition & safety awareness

### How can you help?

- Begin wiping the mouth after each feeding
- Limit use of bottles and sipping cups to meal times
- Don't put your child to bed with a bottle
- Dental caries is an infection, so don't share things from your mouth to your child's mouth
- Use fluoride supplements as prescribed

#### \* Treatment benefits include:

Exams, cleanings, fluoride treatment, fillings, root canals, extractions & emergency care



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