



Your Bright Smile

Oral Health for Children

Build Habits for a Lifetime!

You can help children build good oral health habits at a young age.

Be a role model for healthy teeth and gums by following these easy steps ... and help make a child's smile last a lifetime!

- Brush thoroughly with fluoride toothpaste at least twice a day, especially after eating breakfast and before bedtime
- Floss daily (parents should floss for children under the age of 8)
- Limit the number of times you eat snacks each day
- Visit the dentist twice a year



Why Healthy Teeth and Gums are Important

Healthy "oral structures" include firm gums and strong teeth. They are important for children in so many ways!

Eating. Food is broken down by chewing. Teeth then work along with saliva to break down food even further before swallowing.

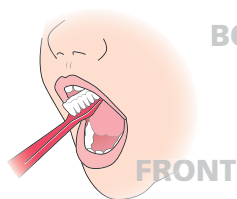
Speaking. Both baby (primary) and adult (permanent) teeth are important for helping children to speak properly and form sounds.

Self-Esteem. A bright and healthy smile can enhance appearance and increase confidence.

Aesthetics. Fresh breath feels good — and makes a child nice to be around!

Top Toothbrushing Tips *to share with kids*

- **Brush away plaque!** Brush *all* surfaces of the teeth: top, bottom, front, back, inside and outside. Make sure to brush the tongue, too!
- **Take care of your baby teeth.** They save space for permanent teeth and help them come in straight. Brushing them thoroughly is important!
- **Brush wa-a-ay in the back.** Make sure to reach *all* of your teeth, including those at the very back. This is where the six-year-molars will come in — your first adult teeth!



BOTTOM



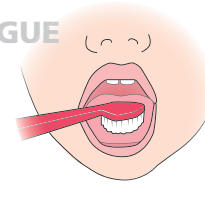
BACK



INSIDE



OUTSIDE



TONGUE