**Good oral health is an important part of your child’s overall health.**

Practice these 4 tips for a bright and healthy smile:

1. **Brush with fluoride toothpaste 2 minutes, 2 times a day**
   - For children two and over, use a pea-sized amount of toothpaste and a soft-bristled toothbrush
   - Brush top and bottom, inside and out and don't forget to brush the tongue!
   - Change the toothbrush every 3 months
   - Turn off the faucet while brushing and save up to 64 glasses of water each time you brush

2. **Limit sweet and sticky snacks to avoid plaque attacks**
   - Sweet and sticky foods produce plaque acids that cause tooth decay
   - Encourage healthy snacking such as fruit or a low sugar yogurt
   - Encourage drinking plain water instead of sugary juices and sodas

3. **Visit the dental office regularly**
   - Visit a dental professional every 6 months
   - The dental professional will clean, polish and apply fluoride to your child’s teeth
   - Ask questions and discuss tips for your child to practice good oral health at home

4. **Once teeth are touching, floss your child’s teeth once a day to remove plaque**
   - Use regular floss or floss pick
   - Have fun by helping your child count his/her teeth while flossing
Child: Brush teeth twice a day, after breakfast ☀ and before bedtime 🌙.

My name is: ________________________________

Note to families: Brush with your child! Choose a different color crayon for each family member, and write names below.

I brushed morning and night on ________ days.

My family brushed with me on ________ days.