



HEALTHY SMILES

START AT HOME

Teach your kids the importance of good oral health.

Teaching your child about dental hygiene as soon as the first tooth comes in can lead to a lifetime of healthy dental habits.

The importance of brushing and flossing

When your child is small, he or she will need help learning how to care for their teeth and gums. Ideally, you'll brush their teeth at least until age three.* After that, your child should be able to brush his or her own teeth with your supervision.** Once you're comfortable with your child's brushing skills, he or she can become more independent.

Flossing is equally important. However, small children can't easily maneuver the floss between their teeth and gums. You will likely need to help your child until age 10 or 11.** Even then, you should supervise.



Dental decay is one of the most chronic infectious diseases among children in the United States. And it's completely preventable.***

See your dentist at the sign of the first tooth

Teaching your children good oral health from an early age can have lifelong benefits. And it's much easier to teach a young child good habits than it is to break an older child of bad ones. That's why it's up to you to start encouraging good oral hygiene, right from the start.

* American Dental Association. "Healthy Habits." www.mouthhealthy.org/en/babies-and-kids/healthy-habits. Accessed October 5, 2017.

** American Academy of Pediatric Dentistry. "Frequently Asked Questions." www.aapd.org/resources/frequently_asked_questions/#36. Accessed October 5, 2017.

*** Centers for Disease Control and Prevention. (July 20, 2017.) "Children's Oral Health." Retrieved from <https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html>.

Together, all the way.®



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