

Caring For Your Child's Teeth



Teeth are Important

Healthy teeth make healthier children. Keep smiling away!



Did you know...

To prevent cavities, what you feed your child is how you clean their teeth and report them!



Brush twice daily

Let your child brush. First that respect & repeat. First or soon as any 2 teeth start pushing!



Limit Sugary Treats

Limit sugary treats to mealtimes - There's more time to help with sugar then!



Do Healthy Snacks!

Cut up fruits and veggies for more bites. They are nutritious low sugar options! Fats are also great snack options. Limit snacks to no more than two servings daily.



Do Healthy Dairy!

Hard cheese and plain yogurt can help build strong teeth and wash away food particles!



Limit sticky, chewy foods!

Treats like gummy candies, lollypops, fruit roll-ups and caramels can stick to teeth and cause cavities.



Juice vs. Soda vs. Water

Tap water is the best option! It contains fluoride that protects teeth. Juice and soda contain excessive sugar and acid, which may cause tooth decay.



Visit your Dentist!

Let the dentist be your child's first birthday!

To find a dentist, visit www.lphc.org/oralhealth



#BrushBeforePlay #SmileLikeAStar



Office Of Oral Health