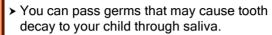
hildren 1-5 Years

➤ Most baby teeth come in between ages one and five. Baby teeth are important. They hold space in the jaw for the permanent teeth.



 Do not share cups or eating utensils, pre-chew you child's food, or put a pacifier



- in your mouth before giving it to your child.> Wean your child from the bottle by age one.
- ➤ Between meals fill a training (sippy) cup with water only (no milk, formula, or juice). Avoid frequent or prolonged use of a sippy cup.
- ➤ Limit fruit juice to no more than half a cup (4 oz.) a day.
- ➤ Give your child tap water that is optimally fluoridated. Fluoride in water is safe, effective, and keeps teeth strong for all ages.

- ➤ Brush your child's teeth <u>after</u> breakfast and before bed. Teach your child to spit out all excess toothpaste. Avoid rinsing with water afterward.
- > Children younger than two do not need fluoride toothpaste.
- ➤ The dental provider or physician may recommend fluoride drops, fluoride varnish, or a smear of fluoride toothpaste for children younger than two at high risk for tooth decay.
- ➤ After age two, use a small pea-sized amount of fluoride toothpaste.

 Make sure your child spits out any excess toothpaste.
- ➤ Lift your child's lip regularly and look for white or brown spots on the front and back sides of the teeth near the gum line. See a dental provider if you notice changes.
- ➤ Take your child to a dental provider by age one. Dentists and dental hygienists are available in private dental offices, community health clinics, schools, and mobile vans.



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