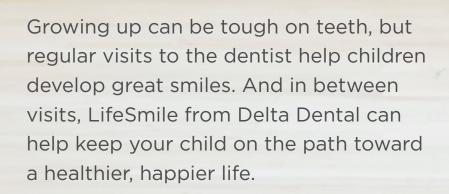


## Help Little Smiles Last A Lifetime.



## Are You Protecting Her Smile?

- Tooth decay is the single most common chronic infectious disease affecting U.S. children.
- Clean your baby's teeth with a clean, soft cloth or a baby's toothbrush.
- At about age six months when the first baby tooth erupts, start brushing your child's teeth with a child size brush and a tiny drop (about the size of a grain of rice) of fluoride toothpaste.
- At about age two, increase to a small pea-size amount of fluoride toothpaste, but until about age six, put the toothpaste on the toothbrush for your child.
- Supervise and help your child brush until age six or until they demonstrate they can do a good job on their own—try brushing their teeth first and then letting them finish.
- Give them a healthy start. Bring your baby to the dentist by age one.



To access tools, tips, and resources for maintaining great oral health, and give her a smile that will last a lifetime, visit deltadentalmn.org/oral-health.

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