


# Help Little Smiles Last A Lifetime.



Growing up can be tough on teeth, but regular visits to the dentist help children develop great smiles. And in between visits, LifeSmile from Delta Dental can help keep your child on the path toward a healthier, happier life.

## 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](http://deltadentalmn.org/oral-health).