



Help Her Smile Last a Lifetime



Oral Health Tips for Children

Are You Protecting Your Child's Smile?

- At about six months, when the first tooth erupts, start brushing your child's teeth with a tiny (grain of rice size) drop of fluoride toothpaste.
- At age two use a small pea-size drop of fluoride toothpaste, and until about age six put the toothpaste on the brush for your child.
- Until children are seven or eight years old they usually need help brushing right—try brushing their teeth first and letting them finish.

Healthy Smile, Happy Life

Make sure to schedule regular dental exams for your child starting at their first birthday, and in between visits to the dentist, take advantage of numerous free resources for improving your oral health from Delta Dental at **deltadentalmn.org/oral-health**.

