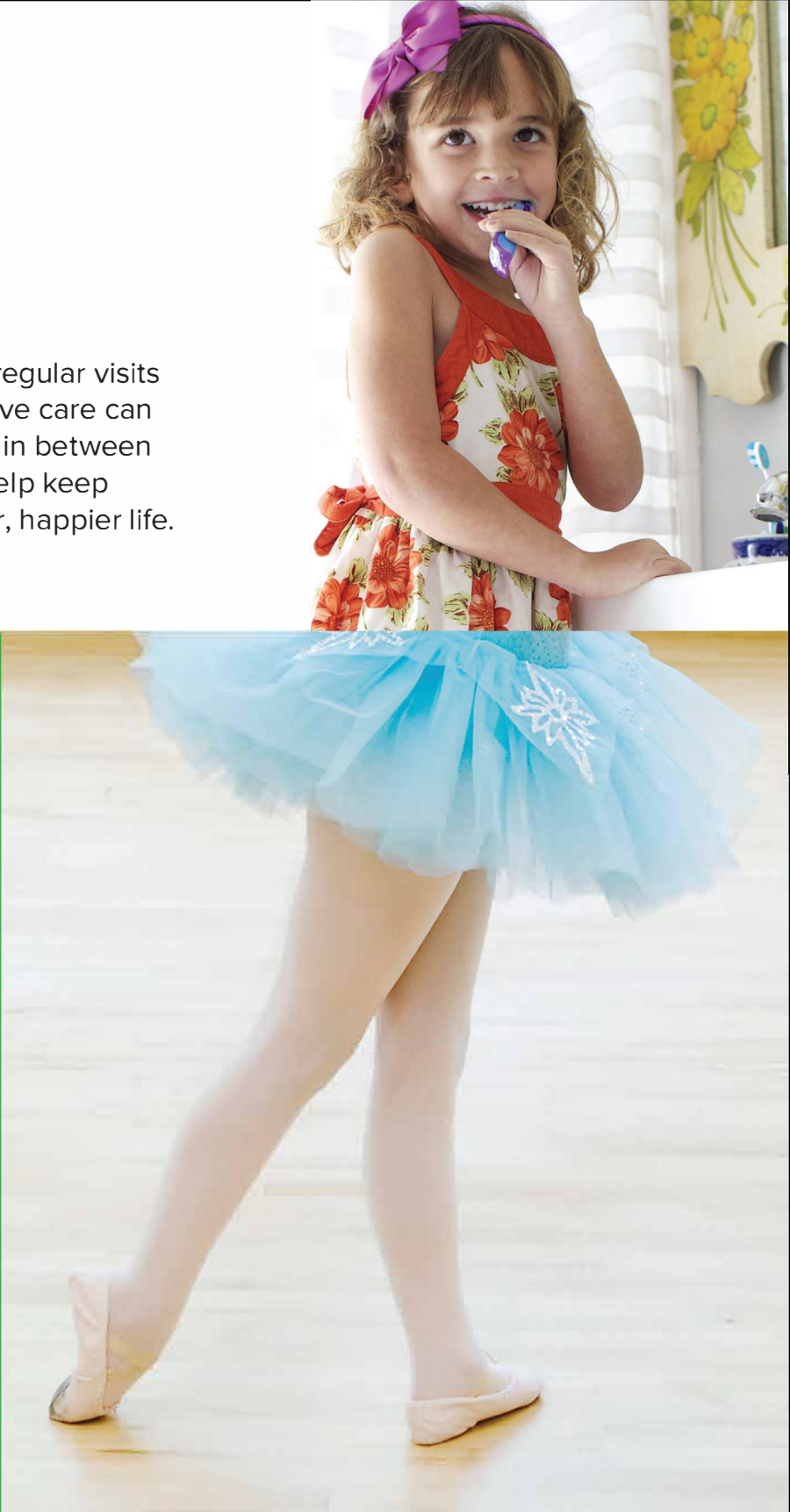


Help Her Smile Last A Lifetime

Growing up can be tough on teeth, but regular visits to the dentist for checkups and preventive care can 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.

Top Tips for Healthy Little Smiles:

- 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 as soon as the first tooth erupts, at about age six months.
- When the first tooth erupts, start brushing your child's teeth with a tiny drop of fluoride toothpaste, about the size of a grain of rice. At about age two increase to a small pea-size drop.
- Kids like to swallow the toothpaste, so until about age six put the toothpaste on the toothbrush for them.
- Until children are around age six or seven or until you are confident they do a thorough job brushing each time, you will need to help them brush—try brushing their teeth first and then letting them finish.



Take advantage of numerous free resources for improving their health at deltadentalmn.org/oral-health.

What's Your Score?

Is your oral health at risk? Take a quick online assessment that you can share with your dentist to help identify risk indicators and make a plan for protecting your smile.

Take the Online Assessment