



## HELP HER SMILE LAST A LIFETIME

Growing up can be tough on teeth, but regular visits to the dentist for checkups and cleanings 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.
- When the first tooth erupts, start cleaning your baby's teeth with a clean soft cloth or a baby's toothbrush and a tiny (size of a grain of rice) drop of fluoride toothpaste.
- At about age two, start brushing your child's teeth with a small, pea-sized drop of fluoride toothpaste.
- As your child gets older let them brush themselves, but until about age six, put the toothpaste on the toothbrush for them.

## Your Child's First Dental Visit

- The ideal time for your child's first visit to the dentist is about six months after the first tooth erupts, usually just before your child's first birthday.
- Your dentist will demonstrate how to clean your child's teeth properly, and provide information on feeding practices for good dental care.
- The pediatric dentist will look for potential problems and check overall oral growth and development.
- Your child's teeth, jaw, bite, gums and oral tissues will be examined, and proper home-cleaning procedures will be demonstrated.
- Your child's medical history will be carefully reviewed by the pediatric dentist and preventive measures for dental disease will be discussed, including fluoride.

**Healthy Smile, Happy Life:** For more tips, tools and resources to help you improve and maintain your child's oral wellness and overall health throughout the year, make sure to bookmark [deltadentalmn.org/oral-health](http://deltadentalmn.org/oral-health).

