“Be true to your teeth and they won't be false to you.”
– Soupy Sales

INFANT Inspiration

How to Support Healthy Gums - Before your infant has teeth use a soft, moistened washcloth or piece of gauze to gently wipe down your baby's gums at least twice a day and especially after feedings and before bedtime. This will wash off bacteria and prevent germs from clinging to gums. Bacteria can leave behind plaque that damages infant teeth as they come in.

TODDLER Tales

My First Toothbrush - When your child's baby teeth start to pop up, it's time for a toothbrush. Choose a soft brush with a small head and large handle. Brush gently around the baby teeth, allowing your child to take-over as they are able. Continue to supervise brushing until your child can brush, rinse and spit without assistance.

PRESCHOOL Power

Going to the Dentist - Even if there isn’t a problem, your child should go for his or her first dentist visit by age 1. The dentist can give you advice about baby tooth care, teething, fluoride, thumb sucking and good dental hygiene. Prepare your child for their first office visit by reading books about going to the dentist.

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Contributing to Your Child’s Great Smile (Dental Health)

According to the American academy of pediatrics the number one dental problem among preschoolers is tooth decay.

- One out of 10 two- year-olds already have one or more cavities
- By age three, 28% of children have one or more cavities
- By age five, nearly 50% of children have one or more cavities

Cavities in baby teeth matter. Dental decay in baby teeth can negatively affect permanent teeth and lead to future dental problems. The best way to protect your child’s teeth is to teach good dental habits. Start early with a supervised, twice daily brushing routine. Limit starchy snacks, such as crackers and chips, and limit sugary beverages. Do not ever allow your child to fall asleep with a bottle during naps, or at night, since this can be harmful to their teeth.