BRUSHING TIPS

Optimal Oral Health for a Lifetime of Smiles

For Babies

- Wipe the gums **twice** a day with a soft, clean cloth
  - In the morning **after** the first feed and **right before** bed
  - This helps wipe away cavity causing bacteria and sugars
- Once baby's first tooth comes in start brushing their teeth **twice** a day
  - Using a rice grain sized amount of toothpaste
- Take your baby to the dentist by their **first birthday**

Kentucky Public Health
Prevent. Promote. Protect.
Oral Health

For Children

- Brush teeth **twice** a day with fluoride toothpaste
- **Help** your child brush their teeth until they have developed good brushing skills
- If your child is **younger** than 6 years old, **watch** them brush their teeth.
  - Make sure they use a **pea-sized** amount of toothpaste
  - **Always** spit the toothpaste out - **do not** swallow
- Ask your child's dentist to apply dental sealants and fluoride varnish when appropriate

Scan the QR code or visit:
https://www.chfs.ky.gov/agencies/dph/Pages/oralhealth.aspx

Source: Center for Disease Control and Prevention. 2024. Oral Health. Oral Health Tips for Children. https://www.cdc.gov/oral-health/prevention/oral-health-tips-for-children.html