

# Keep Your Child's Teeth Healthy

 **Feeding Your Child**

## THREE TIPS FOR A BEAUTIFUL SMILE:

- 1** Brush teeth at least 2 times per day, morning and night, or as recommended by your dentist.
- 2** Use fluoride toothpaste: a smear for children under two and pea-size for children 2-5.
- 3** Brush after eating sticky foods and sweets.



## HEALTHY TEETH CHECKLIST

- ☐ Offer only water between meals and before bedtime.
- ☐ Serve milk or water with meals.
- ☐ Limit juice to 4-6 ounces per day.
- ☐ Save sweet drinks for rare or special occasions.
- ☐ Serve all drinks in an open cup.
- ☐ Set 2-3 snack times each day to prevent constant eating.

**Help your child brush his teeth until he is 6 or 7 years old.**

## BRUSH AFTER EATING THESE

### STICKY FOODS:

- Raisins
- Cheese Puffs
- Caramel

### SWEETS:

- Candy Bars
- Gummies
- Taffy
- Cookies
- Frosting

*Children 2 and younger only need a smear of toothpaste on their toothbrush.*



## YOU CAN HELP PREVENT TOOTH PROBLEMS

### When does my child need to visit the dentist?

The first visit should be around one year of age. Check with your local dental clinic to find out what they recommend. Contact the dental clinic immediately if you have a concern with her teeth or gums.

### What if I notice white or brown spots on my child's teeth?

Contact the dental clinic or your child's doctor and tell them about your concerns.



### When should my child be off the bottle?

WIC recommends that children be off the bottle around their first birthday. Introduce a cup when your baby starts solids, or around six months of age.

### Are baby teeth really that important to my child?

Yes. Baby teeth are important because they hold the place for permanent teeth and are used for chewing his food and learning to talk.



### TOOTH-FRIENDLY SNACKS:

- Fresh fruits
- Vegetables
- Low fat milk, cheese & yogurt

*Make your child's dental appointment a priority*