

Dental health is an important part of your child's overall health!

Practice good dental hygiene for healthy teeth and gums.

Did you know?



Tooth decay is the most common chronic childhood disease.



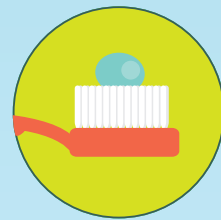
Cavities are five times more common than asthma. Children with poor dental health are three times more likely to miss school.



Your children need to have their first dental checkup by age 1. Dental checkups will help keep them healthy and cavity-free!



Your children should brush their teeth every morning and night. Show them how to brush, then have them brush by themselves. Most children are able to properly brush by themselves around age 6 or 7.



For children up to age 3, use a smear of toothpaste the size of a grain of rice on their toothbrush. Children age 3 and older should use a pea-sized amount.



Soda and sugary juice drinks may taste good, but they are not good for you. Soda has no nutritional value and is high in sugar. Sugar from drinks sits on our teeth and causes decay — drinking water always is best!

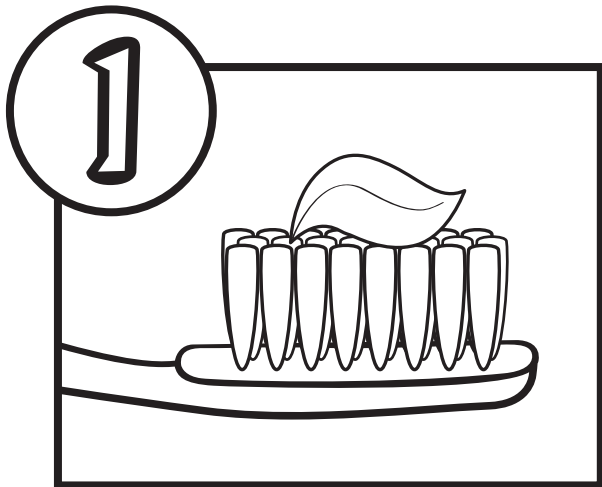


For more health and wellness tips, visit [NortonChildrens.com](https://www.nortonchildrens.com).

For help finding a dentist, contact your Norton Children's pediatric provider.

HOW TO BRUSH YOUR TEETH

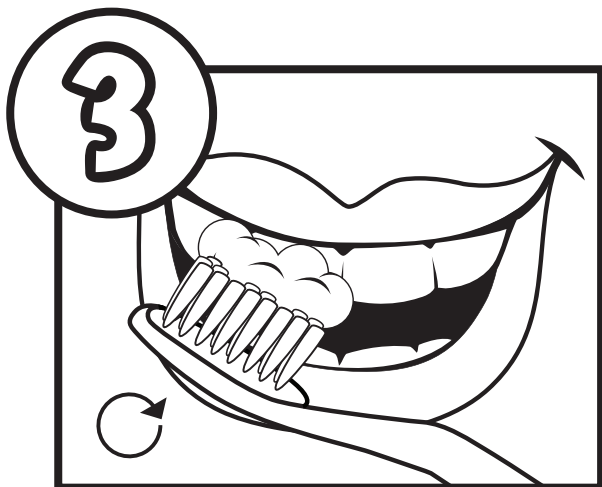
Make sure to use a soft toothbrush!



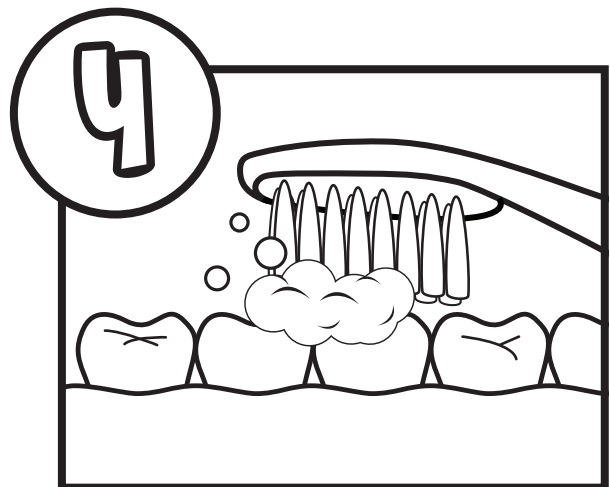
PUT SOME TOOTHPASTE ON YOUR TOOTHBRUSH.



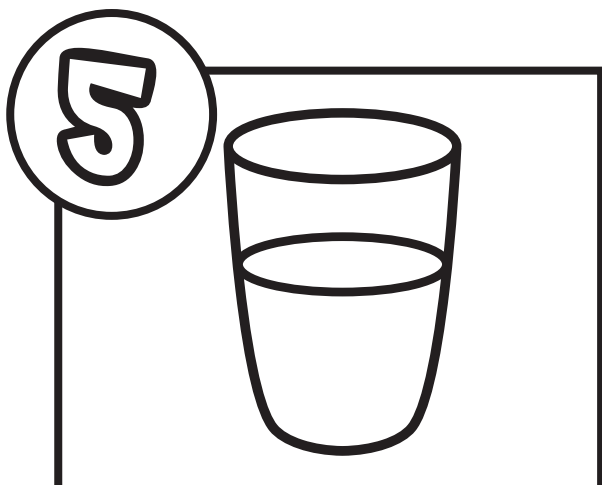
BRUSH YOUR FRONT TEETH.



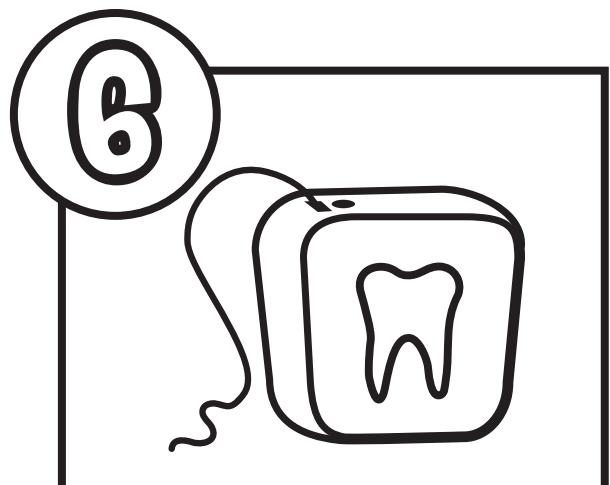
MOVE THE TOOTHBRUSH IN A CIRCLE.



BRUSH YOUR BACK TEETH



RINSE YOUR MOUTH WITH WATER



FLOSS YOUR TEETH