

# Keeping children's teeth healthy



**BRUSH** **2** TIMES DAILY.



**FLOSS**  
Add flossing to daily brushing routine as soon as your child's dentist recommends it.



**AVOID SODA POP**  
The combination of sugar and acid breaks down teeth.

**FLUORIDE**  
Children by the age of **6 months** should have fluoride in their water.



Children should use **soft brushes** and **fluoridated toothpaste**.

## **PARENTAL SUPERVISION**

Children need supervision with brushing **at least halfway through grade school**.

**You can stop** supervision when you think your child is doing as good of a job as you would.



MAYO CLINIC  
HEALTH SYSTEM