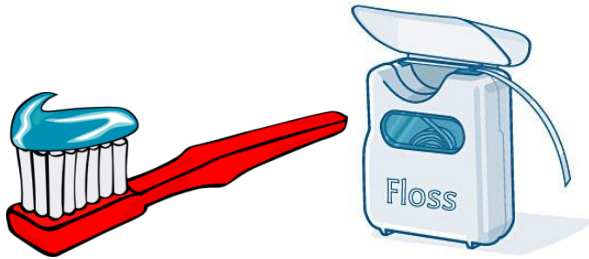


# Health Hints

## Protecting Your Children's Teeth



### Tooth Brushing and Flossing

- Help children brush and floss until they can write, not print, their names. This is when they have the right skills to brush their own teeth properly.
- Brush your child's teeth twice a day, after breakfast and before bedtime.
- Brush for two minutes each time.
- Use a pea-sized amount of fluoride toothpaste.
- Floss your child's teeth once a day.
- Be a role model ~ let your child see you brush and floss daily.

Have a Question?

Contact your local Public Health Dental Program or your dental office.

To find a Public Health Dental Program see the "contact us" on the Interior Health website at:  
<http://www.interiorhealth.ca/YourHealth/SchoolHealth/Pages/Dental.aspx>



**Interior Health**  
*For your whole life*

[www.interiorhealth.ca/YourHealth/SchoolHealth/Pages/default.aspx](http://www.interiorhealth.ca/YourHealth/SchoolHealth/Pages/default.aspx)