

# Health Tips for Happy Teeth

**Ages 3+**

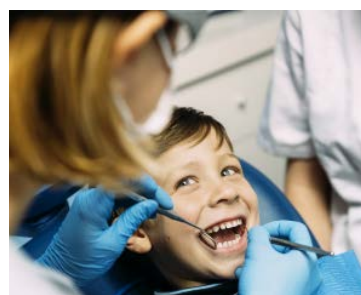
Oral care can be a fun part of your daily routine! Help your child to develop strong oral hygiene habits by brushing, flossing and visiting the dentist together.



Brush twice a day for 2 minutes using a pea-sized amount of fluoridated toothpaste.



Clean between the teeth daily using floss, or an interdental brush.



Visit a dentist to receive regular check-ups.

## **Why is fluoride toothpaste important?**

Fluoride helps decrease the risk of developing cavities by strengthening teeth. Always supervise the amount of toothpaste used.

## **Did you know?**

Children need help cleaning their teeth until their fine motor skills develop, usually around age 8.

## **What about power toothbrushes?**

Power brushes provide great cleaning action when placed correctly on each tooth.



## **Do you know when to replace a toothbrush?**

- Every 3-4 months
- When bristles are frayed
- After being sick

### **Did you know snack choices matter?**

Cavities are not just caused from candy!

#### **Stickiness**

Starchy and sugary snacks such as crackers, chips, granola bars, as well as juice and pop form a sticky buildup on teeth, known as plaque.

Plaque is acidic and attacks tooth enamel, increasing the risk of cavities.

#### **Frequency**

To cut down acid attacks on teeth, limit the number of snacks eaten daily and make water the drink of choice for thirst.



**Choose tooth friendly snacks and offer water throughout the day.**



### **Does your child need orthodontic treatment?**

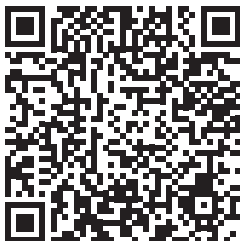
A dentist can check your child's teeth position, bite and jaws. They will advise if early orthodontic treatment is recommended.



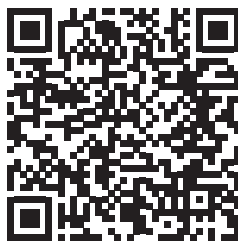
### **Why are sealants recommended?**

Sealants can help protect teeth. Molars can have deep grooves on chewing surfaces where food and bacteria can hide, increasing the risk for cavities.

Sealants are a thin coating painted on the grooves of the teeth making the surfaces smooth and easy to clean.



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Programs



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Dental Resources for  
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