

Snack choices matter

Choose healthy snacks. They are better for your child's teeth.

Offer 3 meals and 1 to 3 healthy snacks per day.

Fresh fruit, vegetables, or cheese are all good choices.

Offer water between meals.

Limit processed, sticky, and sugary foods like fish crackers, fruit rollups or dried fruit.

For more information

Contact your local Interior Health dental program staff:

<https://www.interiorhealth.ca/services/early-childhood-dental-development-0-6-years>



Lift your child's lip

Once a month lift your child's lip to check for signs of cavities along their gum line.



Interior Health

Healthy smiles for your child (Ages 1 to 4)



Mouth care for your child

Lay your child back when brushing for better access.

Have an adult brush 2 times a day with a fluoride tooth paste.

Brush your teeth with your children.

Make toothbrushing fun by singing a song, playing music or telling a story.

Flossing daily is important, especially if teeth are touching.



Toothpaste amounts



0 – 3 Years Old
Rice Size



3 – 6 Years Old
Pea Size

Baby teeth are important for

- Jaw development
- Eating
- Speech
- Spacing for adult teeth
- Smiling with confidence

Your child will have some baby teeth until they are 11 or 12 years old.



Dental home

The dental home is the ongoing relationship between the dentist and your family.

The first dental visit is recommended at 1 year or 6 months after first tooth erupts.

Keep a positive attitude. Put your dental experiences aside, and focus on making your child's visit a happy one.

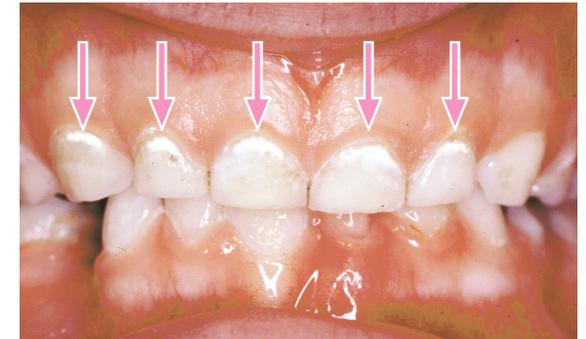
If you're unable to visit a dentist, contact your local Interior Health dental program.

Cavities are preventable

Healthy teeth



Early cavities - White spot lesions



Cavities – Broken enamel

