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.

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

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

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