

Make it the routine to keep teeth clean!

## 1-3 years

*Start making toothbrushing and visiting the dentist regular habits.*



- If they haven't had their first visit to the dentist yet, make an appointment.
- Ask the dentist if your child should have a thin coat of fluoride (fluoride varnish) applied to their teeth.
- After the first visit to the dentist, go every 6 months, unless otherwise advised by their dentist.
- Continue to brush teeth twice a day for two minutes with a smear of fluoride toothpaste the size of a grain of rice.
- Continue to lift the lip to check your baby's upper front teeth for small white or brown spots along the gumline. Do this often, at least once a week; these could become cavities.
- By now your child has a full set of teeth, don't forget to also check their back teeth.
- Avoid sugary drinks and foods.
- If the teeth are touching, it's time to start flossing.