

Children 1-5 Years

- ▶ Most baby teeth come in between ages one and five. Baby teeth are important. They hold space in the jaw for the permanent teeth.
- ▶ You can pass germs that may cause tooth decay to your child through saliva.
- ▶ Do not share cups or eating utensils, pre-chew you child's food, or put a pacifier in your mouth before giving it to your child.
- ▶ Wean your child from the bottle by age one.
- ▶ Between meals fill a training (sippy) cup with water only (no milk, formula, or juice). Avoid frequent or prolonged use of a sippy cup.
- ▶ Limit fruit juice to no more than half a cup (4 oz.) a day.
- ▶ Give your child tap water that is optimally fluoridated. Fluoride in water is safe, effective, and keeps teeth strong for all ages.



- ▶ Brush your child's teeth after breakfast and before bed. Teach your child to spit out all excess toothpaste. Avoid rinsing with water afterward.
- ▶ Children younger than two do not need fluoride toothpaste.
- ▶ The dental provider or physician may recommend fluoride drops, fluoride varnish, or a smear of fluoride toothpaste for children younger than two at high risk for tooth decay.
- ▶ After age two, use a small pea-sized amount of fluoride toothpaste. Make sure your child spits out any excess toothpaste.
- ▶ Lift your child's lip regularly and look for white or brown spots on the front and back sides of the teeth near the gum line. See a dental provider if you notice changes.
- ▶ Take your child to a dental provider by age one. Dentists and dental hygienists are available in private dental offices, community health clinics, schools, and mobile vans.

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