Did You Know?
• Cavities in children are 5 times more common than asthma and 7 times more common than hay fever.
• On average, children entering school for the first time have three teeth with cavities.
• By age 15, the average child has 11 teeth with cavities.
• The American Dental Association (ADA) estimates that 51 million school hours per year are lost because of Dental-Related illness.
• The American Dental Association (ADA) recommends children’s teeth should be brushed as soon as the first tooth comes in.

How to BRUSH 3!
Always brush teeth, gums and tongue TWICE a day

Get your brush set...
• Place the toothbrush at a 45-degree angle to the gums.
• Move the brush back and forth gently in short strokes.

...and BRUSH 3!
• Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.
• To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.
• Brush your tongue to remove bacteria and keep your breath fresh.

What YOU Can Do at Home
• It’s recommended that parents help children with tooth brushing until they are at least 8 years old.
• Use a soft tooth brush, replace tooth brush every 3-4 months or if your child has been sick.
• Brush at least twice a day.
• Use a smear of fluoride toothpaste (or an amount about the size of a grain of rice) for children younger than 3 years old and a pea-size amount of fluoride toothpaste for children 3 to 6 years old. Use slightly more when they are older.
• Have your child spit out tooth paste after brushing.
• Brush your child’s teeth as soon as they come in.
• Help your child place the toothbrush at an angle against their gums so that the goal of brushing the gums can be achieved.
• Ensure your child uses a back and forth or “jiggle, jiggle” motion when brushing.
• Help them brush the front, back, and top of teeth.
• Teach them to brush their tongue to remove germs and freshen breath.