

# BRUSH 3!

## A Guide for Parents



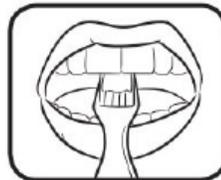
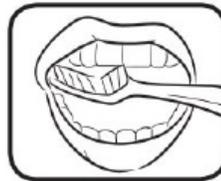
### Did You Know?

- **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**.

**Our goal is to prevent gum disease and tooth decay**

### 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.