

Steps to Healthy Teeth

Baby teeth do matter!

Child 3 to 8 years



- Help your child to brush at least twice a day.
- Floss your child's teeth daily.
- Avoid sticky foods, candy, sweet drinks, and soda pop.
- Take your child to the dentist each year.
- Ask your doctor about fluoride.

Steps to Healthy Teeth



...because Maine Smiles Matter

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Kids Oral Health Program • Medical Care Development

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Steps to Healthy Teeth

Infant up to 1 year



- Tooth decay can be spread, don't share things from your mouth with baby.
- Wipe out baby's mouth with a clean, soft cloth or gum massager after each feeding.
- If a bottle must be used at bed or nap time, use water only.
- Begin using a cup at mealtimes when baby is about six months old.
- Clean baby's teeth 2 times a day with a small soft toothbrush.
- Take your child to the dentist at age 1.
- * Ask your child's doctor for an oral health assessment, and ask about fluoride.

Steps to Healthy Teeth

Toddler 1 to 3 years



- Brush your child's teeth with a soft brush 2 times day.
- No more bottles or sippy cups by 14 months.
- Avoid sweet drinks, candy, and soda pop.
- Take your child to the dentist each year.
- Ask your doctor about fluoride.