



**ORTHODONTIC
EXPERTS**

SMART SMILES START HERE:

A PARENT'S CHEAT SHEET FOR KIDS' ORAL HYGIENE

- **0-18 MONTHS:** BRUSH WITH A CLOTH UNTIL FIRST TOOTH APPEARS— THEN USE A SOFT-BRISTLED CHILDREN'S TOOTHBRUSH AND WATER
- **1 YEAR OLD:** FIRST DENTAL VISIT
- **18 MONTHS-6 YEARS:** BRUSH WITH A SOFT-BRISTLED CHILDREN'S TOOTHBRUSH AND A PEA-SIZED AMOUNT OF LOW-FLUORIDE CHILDREN'S TOOTHPASTE
- **2-6 YEARS:** BEGIN FLOSSING WHEN TEETH START TO TOUCH
- **6-8 YEARS:** CHILDREN CAN BEGIN TO BRUSH ALONE
- **6 YEARS AND UP:** BRUSH WITH A SOFT-BRISTLED CHILDREN'S TOOTHBRUSH AND A PEA-SIZED AMOUNT OF STANDARD FLUORIDE CHILDREN'S TOOTHPASTE
- **7 YEARS:** FIRST ORTHODONTIST-LED EXAM
- **9-10 YEARS:** TRANSITION TO ADULT TOOTHBRUSH AND TOOTHPASTE

REMEMBER:

- NEVER LET YOUR CHILD GO TO BED WITH JUICE OR ANY OTHER SUGARY-LIQUID
- BRUSH TWICE A DAY FOR TWO MINUTES AT A TIME
- VISIT A DENTIST EVERY SIX MONTHS
- TOOTH DECAY IS PREVENTABLE WITH A HEALTHY ORAL HYGIENE ROUTINE