



Tips for Good Oral Health



Limiting the intake of sugary foods, snacks, and drinks helps prevent tooth decay (a cavity). Here are some tips to keep you and your child's teeth and gums healthy.

What is a Cavity?

- A "hole" or empty space in a tooth from decay.



How is a Cavity Caused?

- Brushing less than twice a day
- Too many sugary snacks and drinks during the day

Teeth Are Important... Why?

- Chewing/eating
- Talking
- Smiling and self-esteem



Keeping Your Child's Teeth Healthy...

- Brush twice a day with a fluoride toothpaste
- Floss
- Limit sugary snacks and drinks
- Eat healthy foods
- Visit the dentist
- Ask your child's dentist about dental sealants

Try to Avoid...

- Sugary foods and drinks
- Candy
- Soda
- Giving children more than 4- 6 ounces of juice a day



Encourage Healthy Foods

- Fresh fruits
- Vegetables
- Whole grains
- Dairy products
- Lean meats, fish, chicken, eggs and nuts



Keep Your Own Smile Healthy

- Brush your teeth with a soft toothbrush and toothpaste with fluoride.
- Brush twice a day: after breakfast and before bed.
- Eat the same healthy foods recommended for your child.
- Eat fewer sweets like candy, cake and cookies.
- Drink fewer sugary drinks like soda and fruit flavored drinks.

