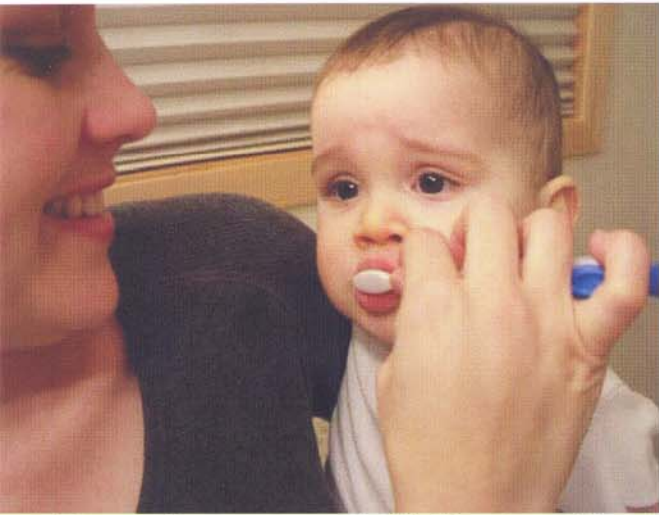
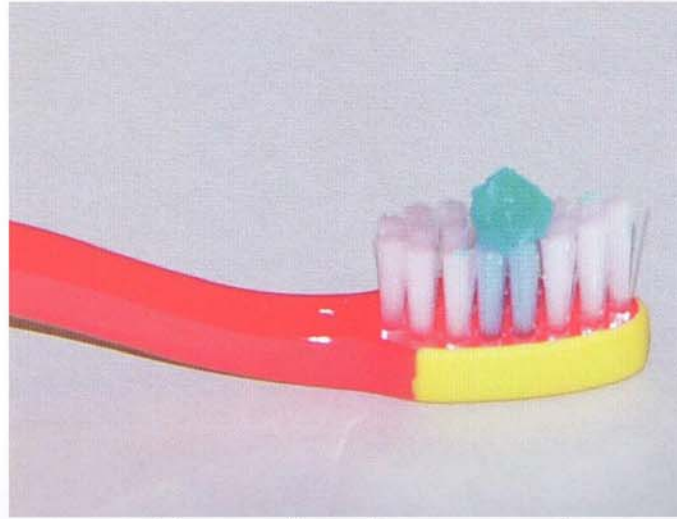


# Basic Oral Health

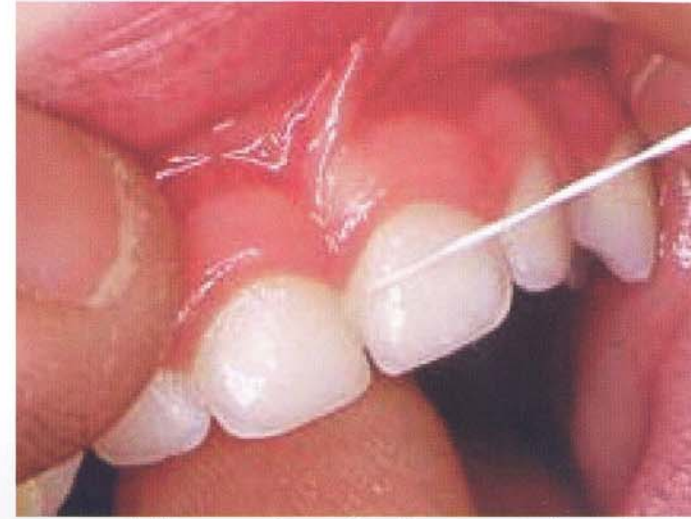
## One Year – Five Years



**Brush your child's teeth**



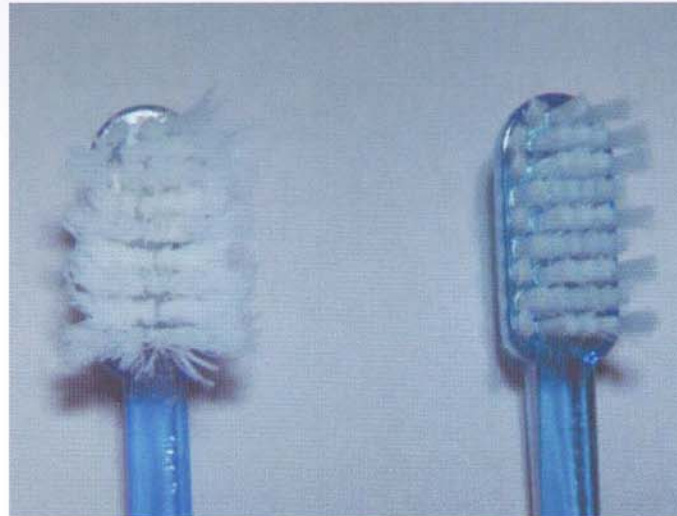
**Pea-sized amount**



**Floss teeth in contact**



**Check child's teeth monthly**



**Worn Bristles New Bristles**



**Brush teeth together**

1. Brush child's teeth daily, especially before bed.
2. To develop good brushing habits, brush at the same time every day.
3. Help your child brush his/her own teeth.
4. Use a pea-sized amount of fluoride toothpaste.
5. Start gentle flossing when two of your child's teeth begin to touch.
6. Check child's teeth monthly for changes.
7. Replace the toothbrush when your child has strep throat, recurring sore throats, or when bristles are worn.
8. Set a good example by brushing your child's teeth along with your teeth.