

# Healthy Teeth Make Happy Smiles



Baby teeth are just as important as adult teeth. After all, they are essential for chewing, talking and smiling! Below are answers to common questions about children's dental health.

### **How often should I CLEAN my baby's gums?**

Gently wipe gums after each feeding with a clean, wet washcloth.

### **When should I start BRUSHING my child's teeth?**

When the first tooth appears, brush twice a day with a soft-bristle toothbrush. Begin using toothpaste at 2 or 3 years old.

### **How can I help my child prevent CAVITIES?**

Limit sugary drinks like juice or soda. Choose water or milk instead!

### **When should my child visit the DENTIST?**

When the first tooth comes in or by the first birthday.  
Get check-ups every year after that.



To learn more, contact First 5 San Joaquin at (209) 953-5437  
or [www.sjckids.org](http://www.sjckids.org) and [www.first5california.com/parents](http://www.first5california.com/parents)