

Tips to Protect Your Child's Smile

Parents: You are your child's oral health hero! Follow these tips created by **Guardian Life Insurance Company of America®** and **Children's Health Fund** to teach children how to take care of their teeth.

Let them choose a brush.

A toothbrush with a fun character or color can make brushing fun. Just make sure it isn't too hard or large.



Use toothpaste with fluoride.

If your child is 5 or 6 years old, they only need a pea-sized amount, says the American Dental Association.

Brush twice a day for two minutes.

To keep it fun, play a two-minute song, set a timer, or tell them a special brush-time story.

Floss once a day.

A brush reaches less than half of tooth surfaces. Floss your child's teeth to clean areas where teeth touch.



Lend a hand.

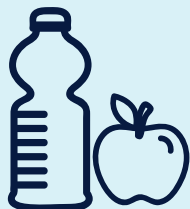
Children don't have motor skills to brush without help until age 7 or 8. Supervise to make sure they're thorough.

Schedule a dental exam.

Children need a check-up every six months. Set a calendar reminder so you don't forget!

Buy healthy snacks.

Provide treats that don't promote tooth decay such as apples and carrots. Serve water, not soda or sugary drinks.



This content is for informational purposes only. It is not dental care advice and should not be substituted for regular consultation with your dentist. If you have any concerns about your child's dental health, contact your dentist's office.