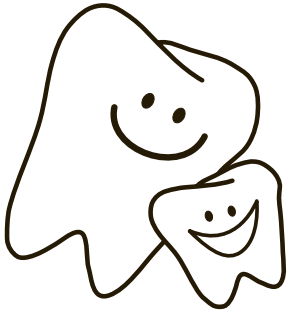


# Brush the Food Away

## Do Together



Brush your child's teeth every morning and night with a soft bristle toothbrush and fluoridated toothpaste. Use a smear of toothpaste from the first tooth through age 3, and a pea-sized amount after that.

Take turns with your child brushing their teeth. First, let your child brush his own teeth. Then take the toothbrush and brush the sides and biting surfaces of every tooth in little circles with gentle scrubs.

### Here are a few tricks that might help you brush your child's teeth:

- Tell your child to open big and roar like a lion!
- Have your child lay down with his head in your lap and open wide.
- Brush your teeth in front of your child. You are an important role model and this shows you take care of your teeth.
- Sing your child's favorite song while brushing.

A child's toothbrush should be the last thing to touch his teeth before bedtime. **If your child goes to bed with a bottle or cup only give them water.**



## Take the Healthy Mouth Challenge!

### I will:

- Brush my child's teeth every morning and night with a soft bristle toothbrush and fluoridated toothpaste—a smear from the first tooth up to age 3, a pea-sized amount after that.
- Make toothbrushing fun by telling my child to open big and roar like a lion!
- Make sure the toothbrush is the last thing to touch my child's teeth before bed.

