

Tooth Brushing *tips* for Parents & Caregivers



- Limit the amount of sugary snacks & drinks given throughout the day.
- Brush your child's teeth twice a day with fluoride toothpaste - especially along the gum line.
- Visit the dentist after the first tooth appears or by the child's first birthday.

Contact your local public health office, public library
or visit www.bcdental.org to view an educational video.

