

Tips for Supporting Basic Oral Health

Follow these tips to help your family keep their smiles healthy and prevent tooth decay!

1. Practice your own healthy routines and lead children by example! Brush your teeth for two minutes with fluoride toothpaste twice a day. Floss once at night.
2. Help children gently brush their teeth until age 8, or when they can tie their own shoes. Practice the "Tell, Show, Do" steps by telling your child how to brush, showing them, then watching them do it on their own.
3. Children over 3 years old should use a pea-sized amount of fluoride toothpaste and a soft, child-sized toothbrush.
4. Give children water after snacks or in between meals to help rinse the teeth clean of foods and sugars.
5. Offer children balanced snack options like:
 -  Carrots
 -  Apples
 -  Pears
 -  Cheese
 -  Nuts
 -  Peanut butter (if not allergic)
6. Encourage children to drink tap water because it contains fluoride to help prevent cavities. Other healthy drink options include milk and up to 4 ounces of 100% fruit juice per day.
7. Take your child to the dentist for their first visit by age 1. Return for regular check-ups and cleanings every six months, or as needed.



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