

# BRUSH UP ON YOUR CHILD'S DENTAL CARE NEEDS

Use the tools below to take care of your child's teeth.

**Timer:** A child should brush his or her teeth for 2 minutes, twice a day.

**Fluoride:** Talk to your child's dentist about his or her fluoride needs.

**Floss:** As soon as your child has 2 teeth touching each other, begin flossing.



**Dentist:** Begin regular dental appointments when your child's first baby tooth appears.

**Toothpaste:** Brush your child's teeth with toothpaste beginning at age 2- to 3-years-old. For younger children, use water only.

**Toothbrush:** Caring for your child's smile begins at birth. Brush your child's gums or teeth twice a day. Be sure to use a toothbrush fit for your child's age.

For more information, contact First 5 Sacramento at (916) 876-5865 or visit [www.sackids.saccounty.net](http://www.sackids.saccounty.net).