



# TELL PLAQUE TO "BUG" OFF!

Begin oral hygiene at 2 days old, by wiping the mouth twice a day with a clean wash cloth.

Only water in night time bottles

Fluoride supplements begin at 6 months to age 16.

Make tooth brushing fun, brush to music, and use rewards.  
(Not Candy)

Child should see a dentist for a happy visit by 1 year of age and then regularly every six months.

Use pea size amount of toothpaste for children 18mo and up.

Keep toothpaste and fluoride tablets out of reach of small children.

Children should be supervised while brushing and flossing up until about age 8.

*Please call First 5 Amador if you have questions  
or need referrals*

*Amador County Smile Keepers  
257-1092*