

Brush every night, when teeth are in sight

DID YOU KNOW ?



Wipe gums twice a day
with a soft damp cloth



Brush teeth once a day with
a soft bristle toothbrush



Brush with toothpaste*
from 1 year onward

Your child's teeth require regular brushing starting the day they appear! Before then, you can help keep their mouth clean and healthy by wiping their gums.



*Talk to your doctor about fluoridated toothpaste

For more information, please visit
www.aboutkidshealth.ca/DentalCare