Brush every night, when teeth are in sight

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.

**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

*Talk to your doctor about fluoridated toothpaste

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