



Healthy Smile Healthy Body

Birth to 5 Years Old

Visit the Local Health Unit in your county to request a fluoride treatment for your child.



Healthy Habits

Brush your child's teeth twice a day and floss daily. At this age, children need a grown-up's help to make sure they brush correctly. Visit a dentist twice a year, or every 6 months.



Strong Teeth

Your child may soon need dental sealants, protective coatings that help prevent cavities. Sealants are usually placed after their permanent molars (back teeth) come in. Fluoride varnish can prevent cavities and strengthen teeth too.



Smart Snacks

Eating healthy snacks like fruits, vegetables, and cheese help to clean teeth and keep the mouth healthy.



Water

Drinking water between meals, after snacks, and after bedtime brushing can help prevent cavities.

Use the right amount of toothpaste!

0 - 2 Years Old

Use a rice-sized smear of fluoride toothpaste on a soft-bristled brush

3 Years Old & Up

Use a pea-sized amount of fluoride toothpaste on a soft-bristled brush

Arkansas Department of Health

Office of Oral Health

www.healthy.arkansas.gov

