

# How to Keep a Healthy Smile!



Visit the dentist every 6 months.  
Start by baby's first birthday.



Brush 2 times a day for 2 minutes.  
Use fluoride toothpaste.



Floss once a day.



For babies, wipe gums with a clean, moist, soft cloth twice a day.



Do not share spoons or cups with babies.  
The germs that cause cavities can be passed on to babies.



Offer only water or milk in sippy cups.  
Stop using bottles by age 1.



Pregnancy can cause gums to be puffy or tender.  
Dental care is safe during pregnancy.



Ask your dentist how gum problems can make high blood pressure, heart disease, or diabetes worse.



Poor fitting dentures can cause mouth sores.  
Clean dentures each morning, night and after meals.



Eat healthy snacks such as vegetables, fruits, milk, cheese, and yogurt.



Limit candy and sticky, sugary snacks.  
Rinse your mouth with water after snacks.



Drink water with fluoride instead of soda, fruit juice or other sugary drinks.