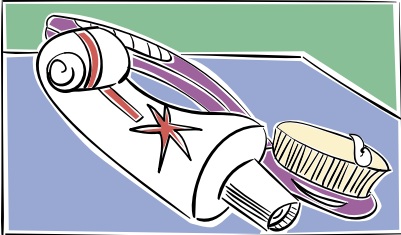


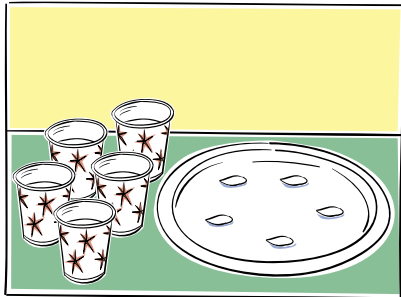


TOOTHBRUSHING



For children 1 year or older:

- Use a soft bristled child-sized toothbrush.
- Use a tiny speck of fluoride toothpaste—about the size of a grain of rice is plenty!



Don't share the toothpaste tube! Instead:

- Dole out toothpaste on a small slip of disposable wax paper (one per child).
- Place dabs of toothpaste along the edges of a paper plate. Each child "picks up" a bit of toothpaste with toothbrush.
- Give each child a small paper cup with a dab of toothpaste along the rim. Each child uses his own cup after brushing for rinsing.



Brush all tooth surfaces gently and thoroughly:

- Start with the tops and sides of all teeth.
- Don't forget the edge of the gum at the base of the tooth where plaque can accumulate.



Assist the child with rinsing the mouth.



Children need assistance and supervision with tooth brushing until at least age 8 or older!