The ABCs of Oral Health

Oral Health Tips for Kids

Always Brush

- Brush your child's teeth at least twice per day using a soft, child-sized toothbrush and a pea-sized amount of toothpaste with fluoride.
- Have your child spit out toothpaste but do not rinse. The small amount of toothpaste left behind helps protect their teeth.

Be Mindful of Eating & Drinking

- Limit sugary snacks like candy, cookies, gummies and fruit roll-ups. Instead, give your child fruit like apples or oranges and vegetables such as broccoli, carrots or cucumbers.
- Limit sugary drinks like fruit juice and soda. Water is the best drink.

Check in With a Dentist

- Visit the dentist every six months. The dental team can catch and treat any cavities in your child's teeth early which can help prevent pain and other issues.
- Your local health department may provide you with a list of dental providers in your area.
- If your child does not have dental insurance, they may be eligible for the Michigan Healthy Kids Dental Program. Visit **Michigan.gov/HealthyKidsDental.**

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