

Resources

Brush, Book, Bed



Dental Tips



Brush 2 times a day for 2 minutes with a fluoride toothpaste



Clean between your teeth



Eat a healthy, well-balanced diet with limited snacks



Avoid sugary foods including soda and juices



Visit your dentist once every six months



Find a Medi-Cal Dentist
www.smilecalifornia.org



Oral Health Tips
www.mouthhealthy.org



Tools and Resources
www.scholastic.com/givekidsasmile

ADA Foundation



Find Resources for Kids Ages 0 to 5
www.first5riverside.org
www.first5sanbernardino.org



Find Dental and Other Services
www.connectie.org

American Academy
of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™



Brush, Book, Bed
www.aap.org



A program of the
American Academy of Pediatrics

For more information, please contact:

Smile San Bernardino County
info@smileSBC.org
www.smileSBC.org

Smile RivCo
RC-OHP@ruhealth.org
www.SmileRivCo.org



Riverside University
HEALTH SYSTEM
Public Health



Brush



- Wipe your baby's gums with a wash cloth.
- Parents should brush their child's teeth until they can tie their own shoes.
- Use just a little fluoride toothpaste: rice-sized smear for children under 3; pea-sized amount for 3+.

Take your child to the dentist after their first tooth appears or by their first birthday.

Book



- Let your child pick out a book or two to read.
- Read stories every day but let your child decide how long you read.
- It is okay if your child chews the book. It is how babies explore the world around them.

Set a regular nighttime routine that includes brushing teeth, reading together, and then bed.

Bed



- Daytime = Playtime! Children that play during the day sleep longer during the night.
- To teach a child to fall asleep on their own, put them to bed when they are drowsy, but awake.
- Babies should sleep on their backs without pillows, blankets or stuffed animals.

**info@smilesbc.org
www.smileSBC.org
RC-OHP@ruhealth.org
www.SmileRivCo.org**