

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

Resources

Oral Health Tips

Ages 0 to 5

www.mouthhealthy.org

Find Resources for Kids

www.first5riverside.org www.first5sanbernardino.org



Find a Medi-Cal Dentist www.smilecalifornia.org





Tools and Resources www.scholastic.com/givekidsasmile

RIVERSIDE - SAN BERNARDINO



Find Dental and Other Services www.connectie.org



Brush, Book, Bed www.aap.org



For more information, please contact:

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Funded by the California Department of Public Health under contract number #17-10717 and #17-10714

Brush, Book, Bed







Brush



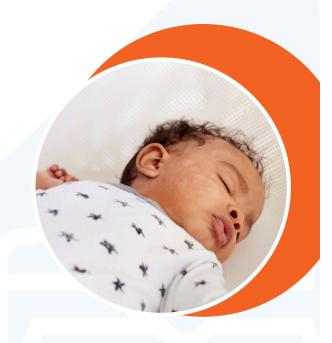
- Wipe your baby's gums with a wash cloth.
- Parents should brush their child's teeth until they can tie their own shoes.
- Use just a little fluoride toothpaste: rice-sized smear for children under 3; pea-sized amount for 3+.

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.

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