



## 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



**Find a Medi-Cal Dentist**  
[www.smilecalifornia.org](http://www.smilecalifornia.org)



**Oral Health Tips**  
[www.mouthhealthy.org](http://www.mouthhealthy.org)



**Tools and Resources**  
[www.scholastic.com/givekidsasmile](http://www.scholastic.com/givekidsasmile)



**Find Resources for Kids Ages 0 to 5**  
[www.first5riverside.org](http://www.first5riverside.org)  
[www.first5sanbernardino.org](http://www.first5sanbernardino.org)



**Find Dental and Other Services**  
[www.connectie.org](http://www.connectie.org)



**Brush, Book, Bed**  
[www.aap.org](http://www.aap.org)



A program of the  
American Academy of Pediatrics

For more information, please contact:

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[www.smileSBC.org](http://www.smileSBC.org)

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[RC-OHP@ruhealth.org](mailto:RC-OHP@ruhealth.org)  
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# 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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