Protect your child’s smile by brushing their teeth with a fluoride toothpaste 2 times each day.

Offer healthy snack and drink options like fruit, cheese and vegetables. Discourage constant snacking and drinking.

Supervise your child when they are brushing their teeth 2 times a day for 2 minutes.

Inspire your child to take care of their teeth, by taking care of YOUR teeth!

Take your child and yourself to the dentist for regular check-ups and ask about dental sealants.

Introduce flossing.

Verify that your child is drinking water with fluoride. If your child is only drinking bottled water or well water, they may be missing out on getting the tooth strengthening benefits of drinking water with fluoride.

Encourage your child to drink water instead of sugary drinks like sports drinks, sodas and juices.