

## FOR HEALTHY SMILES

- ♥ Brush and floss daily with fluoride toothpaste, remember to “spit — don't rinse”
- ♥ 5 years and up, chew xylitol gum or mints after every meal
- ♥ A healthy diet supports a healthy mouth

### 6–10 MONTHS

Start brushing when teeth appear

### 8–11 MONTHS

Time for a visit to the dentist!

### 1 YEAR

Healthy snacks throughout the day

Avoid sugary foods

### 2–3 YEARS

Brush & floss every day.

Use a pea-sized dab of fluoride toothpaste, and teach your child to “spit — don't rinse”.

### 4–6 YEARS

First molars appear.

Parents should brush with child until the age of 6.



# KEEP YOUR CHILD CAVITY FREE

Advantage Dental is here to help.

We're Here to Help You Smile

Learn More at  
[AdvantageDentalServices.com](https://www.advantagedentalservices.com)

**Advantage Dental**  
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101BTP\_06172025  
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## CAVITIES CAN BE PREVENTED

Prevention is a team effort that starts with YOU, the caregiver.

- Cavities are holes in teeth. Holes are formed when cavity-causing bacteria feeds on sugars inside the mouth, producing acid that attack the teeth.
- Babies are not born with cavity causing bacteria.
- Bacteria transfers from infected caregivers to babies through saliva. For example, this can happen when a baby puts their hand in the caregiver's mouth, or when spoons are shared.
- Teeth are most at risk of harm or infection when they are just coming in.

## TIPS FOR SUCCESS

- **Don't Share Bacteria:** Sharing things that have been in someone else's mouth can pass cavity causing bacteria to your baby. Don't let adults or other children share spoons, straws, toothbrushes or anything that has been in someone else's mouth.
- **Don't Feed the Bacteria that Cause Decay:** Give your child's teeth a chance to get stronger. Instead of juice or sugary drinks, give your child water throughout the day and at bedtime/naptime.
- **Start Brushing your Child's Teeth with the Very First Tooth:** Brush your child's teeth and gums twice a day. Use a small, soft toothbrush and a "smear" of fluoride toothpaste.
- **Spit Don't Rinse** and don't let your child play with or eat toothpaste.

**\*Non-fluoride toothpaste and baby tooth gels do not work to prevent cavities.**



Under 2 years = Smear



2 years and older = Pea sized

## DENTAL VISITS

- Dentists don't just fix teeth, they can help prevent tooth decay.
- Take your child to the dentist when you see the first tooth or by their 1st birthday.
- The dental team will assess your child's risk of developing cavities. A treatment plan will be provided to help protect teeth.
- Your child should be seen at least annually for a check-up, more frequently if they are at greater risk.
- Children like to copy Mom and Dad so be a good role model for tooth brushing.
- Schedule your child's dental appointment with Advantage Dental today!

[www.AdvantageDental.com](http://www.AdvantageDental.com)

