



Four Steps to Healthy Smiles!

The Centers for Disease Control and Prevention (CDC) lists 4 steps for healthy smiles in children:

- *Start cleaning teeth early*—as soon as the first tooth appears. Wipe with a damp, clean cloth every day, and switch to a small, soft toothbrush when more teeth appear. Begin using fluoride toothpaste when your child is 2 years old.
- *Use the right amount of fluoride toothpaste.* Just a pea-sized amount helps prevent cavities without harming permanent teeth.
- *Supervise brushing.* Brush your child's teeth twice a day until your child can do a good job. Continue to watch closely—and lead by example!
- *Talk to your doctor or dentist about appropriate tooth care for your child.* Schedule your child's first visit by the first birthday.



To read more, go to: www.cdc.gov/OralHealth/pdfs/BrushUpTips.pdf

Dental Health Issues for Children with Special Health Care Needs

Those four steps will help all children have healthy smiles. Children with special health care needs may require extra planning. Family Voices has a fact sheet on "Dental Health Issues for Children" to help parents take an active role in their child's dental health. Some thoughts to consider:

- Is the dental office accessible? It should comply with the Americans with Disabilities Act standards.
- Do the staff have the necessary training and information to support your child's special needs?
- Do you need to coordinate dental appointments with other health care services and therapies?

Read more here: www.familyvoices.org/admin/work_oral/files/BFDenHealthHandoutOct05.pdf



Making Oral Health Fun for Kids

The American Dental Association (ADA) has a website for kids with videos, a story about Marty's first trip to the dentist, and even a game to play. Check it out at:

www.ada.org/353.aspx#top

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