For more information, please visit:
https://ohioaap.org/education-cme-moc-ii/preventive-health-program/

BRUSHING TIPS
- Brush two times per day with fluoride toothpaste
- Use a pea-sized amount for kids over age 3
- Use a grain of rice sized amount for kids under age 3
- Limit sugary and sticky foods
- Limit juice to only one glass per day of 100% juice
- Go to the dentist two times per year after age 1
- Between meals, encourage kids to drink water
- Use a soft cloth to wipe baby’s gums after feedings
- Don’t put babies in bed with a bottle
- Don’t share items with your baby that have been in your own mouth
- Help as children practice brushing
- Floss once teeth touch

For more information on the Brush, Book, Bed Program from the Ohio AAP, visit: http://ohioaap.org/brushbookbed