DEPARTMENT OF
PEDIATRIC DENTISTRY



Healthy Teeth, Happy Kids

Oral Health Tips for Parents

Follow these expert-approved tips to ensure your child's smile stays bright and cavity-free.

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Oral Health Tips for Parents

- **Start Early:** Begin brushing when the first tooth appears, using a rice-sized smear of fluoride toothpaste from the age of 1-3years and Pea-sized toothpaste after the age of 3 years.
- **Make Brushing Fun:** Use music, colorful brushes, or mobile apps to build excitement around oral care.
- **Watch the Sugar:** Limit sugary snacks and drinks. Stick to water, milk, fruits and cheese.
- **Early Dental Visits:** Schedule the first dental check-up by age 1 and follow up every 6 months.
- **Avoid Night time Bottles:** Never let your child sleep with a bottle of milk or juice - use water only.
- **Supervise Until Age 7:** Help your child brush to ensure a thorough clean and teach good habits.
- **Fluoride Protection:** Use fluoride toothpaste and consider fluoride treatments if recommended.
- **Sealants Save Teeth:** Ask your dentist about protective sealants on your child's molars.
- **Monitor Oral Habits:** Keep an eye on thumb sucking, prolonged pacifier use, or nail-biting. Seek advice if they persist beyond age 3-4.
- **Be A Role Model:** Brush, Rinse and Floss with your child to encourage lifelong habits.

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