

Baby teeth are important.



Most likely, by the age of 3, all your child's baby teeth will have come in. Help your child brush these teeth every day. Children can not do a good job alone until around age 9.

How to brush and floss

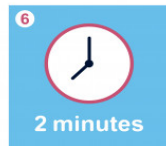
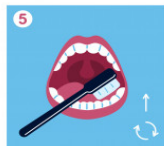
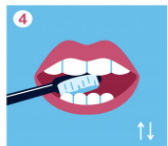
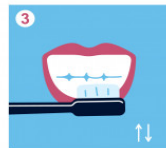
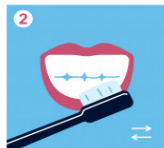
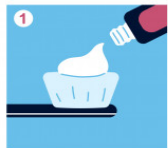
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Fluoride:

Fluoride is important to prevent cavities and make teeth stronger. Ask your doctor or dentist about this.

Low sugar snacks and drinks.

Sweet, sugary foods and drinks are not good for teeth. Limit sweet treats such as candy, cake, cookies, ice cream and soda.



Regular dental checkups.

When your child turns 3, it's time to take him, or her, to the dentist. Regular check-ups are important.



You and the dentist both care for your child's baby teeth. Then the adult (permanent) teeth will grow in healthy and strong.