**HEALTHY MOUTH!**

- Regular dental visits for child and family beginning at 1 year old
- Brush with a smear of toothpaste 2 times a day – assist child until 7-8 years old
- Drink fluoridated tap water

**HEALTHY FOOD!**

- No more than 4 ounces of 100% juice per day; given WITH a meal
- ChooseMyPlate.gov
- Only water between meals

**HEALTHY CHILDREN!**

- Hold baby to feed
- **CAUTION**
- Important: The last thing to touch your child’s teeth before bedtime should be the toothbrush with a tiny smear of fluoride toothpaste!