

# HOW SHOULD I CLEAN MY CHILD'S TEETH?

*Help Prevent Cavities*

## BIRTH TO 1ST TOOTH



**Use a washcloth to wipe the gums. When teeth start to come in, add a dot of toothpaste.**

## AFTER 1ST TOOTH COMES IN



**As the child is comfortable, start using a soft toothbrush.**



**Keep brushing a child's teeth until they are able to do it themselves.**