

*S*nack List for Healthy teeth

- Fruit
- Vegetables
- Sandwiches
- Cereal with milk
- Cheese
- Yogurt
- Milk
- Juice without added sugar

Love your children by giving
teeth-healthy snacks.

Limit snacking to 2-3 times
per day.

Colgate
Bright Smiles, Bright Futures®

*P*rotect Your Toddler's Smile (18-24 months old)



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A Global Oral Health Initiative.



The American Public Health
Association recommends
regular prenatal checkups.

*Every child deserves a
beautiful smile.*

2 Ways to Protect a Child's Smile (18-24 months)

1

Limit the Number of Times Toddler Eats Snacks Each Day

Avoid giving your child soda pop, sweets, and starchy foods like chips and crackers. These snacks can cause cavities.

Avoid constant snacking. Every time your child eats a sweet or starchy food, there is an "acid attack" on the teeth. The more "acid attacks," the more cavities.

If you offer a sweet or starchy food, give it during mealtimes.



Caution: According to the American Academy of Pediatrics your child should be weaned from the bottle by now.

Bottle feeding for long periods of time or while sleeping can lead to tooth decay. This decay can cause pain and infection and can also ruin your child's beautiful smile!

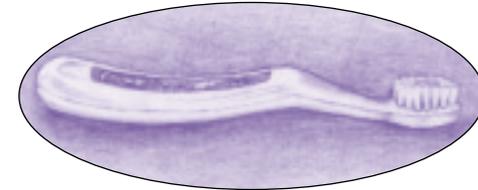
2

Brush at Least Twice a Day

Brush toddler's teeth after breakfast and before bedtime.

Use a soft, child-sized toothbrush to clean the teeth and gums. If your child knows how to spit out after brushing, use a "pea sized" dab of fluoride toothpaste on the toothbrush.

Your child can begin to practice brushing his or her own teeth, but you will need to help. When your child is done brushing, then you should finish the job. Most young children don't brush well until they are about 6 years old.



Remember — the Dentist is your partner!

After the first checkup at age 1, your child should visit the dentist regularly.

Before you go, you may want to play dentist with your child. Use a flashlight and count each other's teeth. Read books to your child about going to the dentist.



Remind your child what will happen at the dentist. You might say "The dentist wants to see you again! He's going to count your teeth and he might even take a picture of them." Keep it positive.