5 Ways to Prevent Kids’ Tooth Decay

Care don’t share

- Don’t share utensils with your child or “clean” a pacifier by putting it in your mouth. You can transfer cavity-causing germs to your child.

Eat healthy

- and drink fluoridated water

First dental visit

- no later than age 1 year old

Use fluoride toothpaste

- as soon as teeth come through the gums. When kids can brush their own teeth, have them brush
- 2 minutes times 2 times per day

Seal out decay

- Ask your dentist about applying dental sealants to chewing surfaces of teeth.

Learn more at MouthHealthy.org.