

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

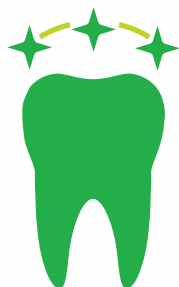
Use fluoride toothpaste



as soon as teeth come through the gums. When kids can brush their own teeth, have them brush

Seal out decay

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



2 minutes



2 times per day



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