



ORAL HYGIENE FOR CHILDREN



Use a moist, clean cloth or a moist gauze for infant gums.

Wipe around the gums, and don't forget the tongue.



Use a soft bristled child-sized toothbrush for teeth.

A tiny speck of fluoride toothpaste—about the size of a grain of rice is plenty!



Wipe excess toothpaste from the mouth until child is old enough to rinse.



If possible, brush or rinse mouth with water after eating sweet or starchy foods.