



# KEEPING YOUR CHILD'S MOUTH HEALTHY

## QUICK GUIDE

### + Water with fluoride strengthens teeth

Tap water is best.

### + Brush your child's teeth twice a day

Use a smear toothpaste with fluoride.

Brush your child's teeth as soon as teeth appear.

### + Bottle-free bed

Never let your baby fall asleep with a bottle.

### + Keep germs to yourself

Cavity-causing germs can spread from your mouth to your baby's mouth.

### + Bring your child to the dentist by age one

Children should have their teeth looked at and fluoride varnish applied at least twice a year at their dental or medical visit.

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Colorado Department of Public Health and Environment (CDPHE) Oral Health Program (OHP) extends a sincere thanks to the foundations that support Cavity Free at Three: Caring for Colorado Foundation, The Colorado Health Foundation, The Colorado Trust, Delta Dental of Colorado Foundation, Kaiser Permanente, Rose Community Foundation and the Health and Resources Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) Grant number H47MC28479. Information/content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.



**COLORADO**  
Department of Public  
Health & Environment



CÓMO MANTENER LA BOCA DE SU HIJO SALUDABLE

# GUÍA RÁPIDA

## + El agua con fluoruro fortalece los dientes

El agua del grifo es mejor.

## + Cepille los dientes de su niño

Use una pequeña cantidad de pasta dental con fluoruro. Cepille los dientes del niño tan pronto aparecen.

## + A la cama sin el biberón

No deje nunca que su bebé se duerma con el biberón.

## + ¡No comparta sus gérmenes!

Los gérmenes que causan las caries se propagan de su boca a la de su bebe.

## + Lleve a su niño al dentista cuando tenga 1 año

Los niños deben ir al dentista al menos dos veces al año para que les revisen los dientes y les apliquen esmalte de fluoruro.

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