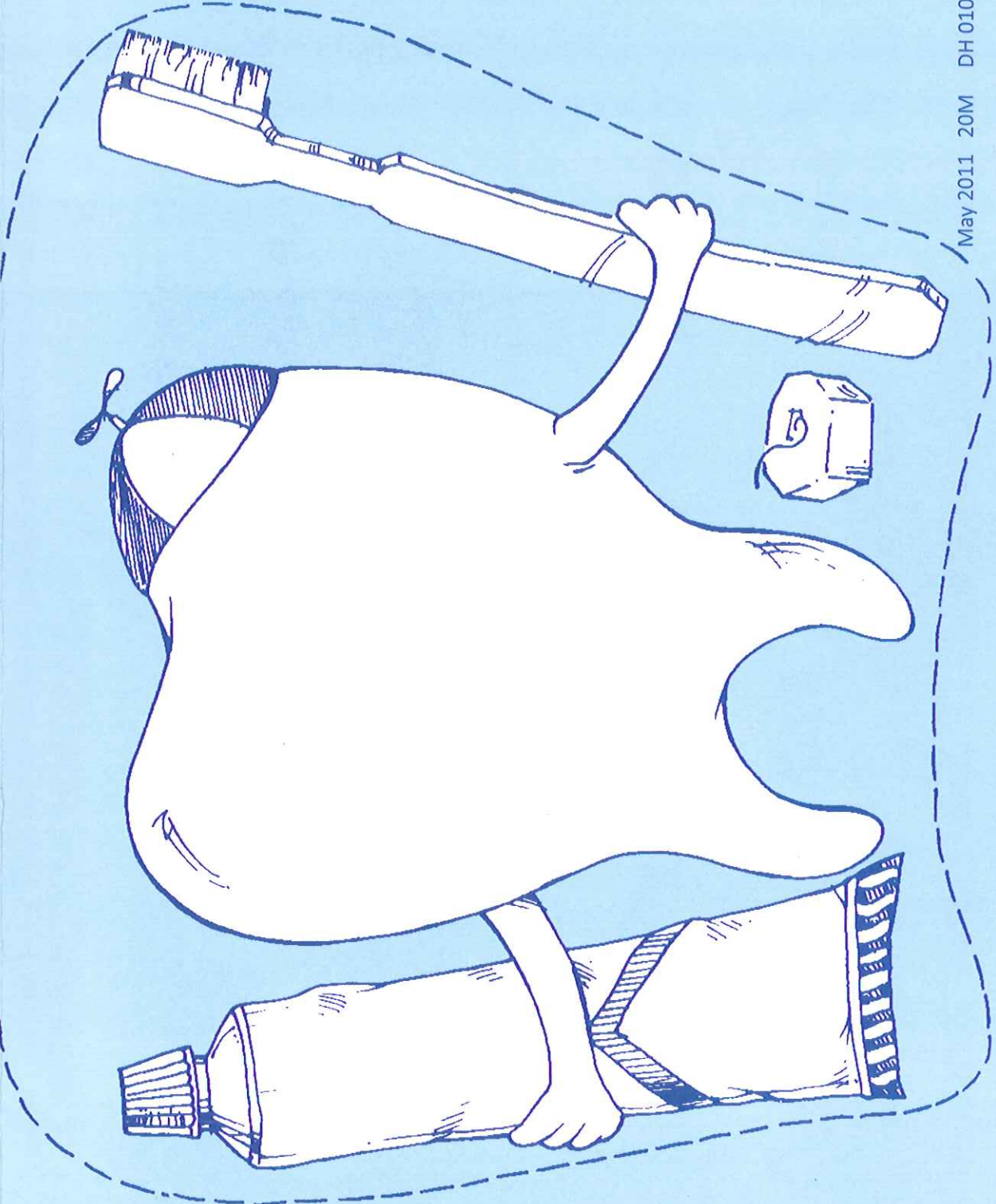











Saskatchewan  
Ministry of  
Health

Charlie Chew Says  
"Brush and Floss Every Day"

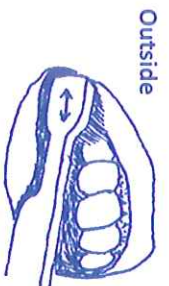


# Help Your Children Be Cavity Free

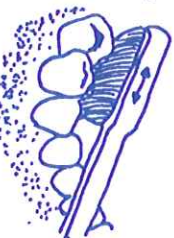
Parents need to help children learn to take care of their teeth. Suggestions to help your child are:

-  A parent should supervise brushing for children under age 8. Brush twice a day - in the morning and at bedtime. A thorough brushing takes 2-3 minutes.
-  Use a portion of fluoride toothpaste the size of a grain of rice for children under 3 when at risk for tooth decay. Use a pea-size portion of fluoride toothpaste for children over 3. The toothpaste should be approved by the Canadian Dental Association. Children should spit out toothpaste. Swallowing toothpaste should be discouraged.
-  Use a child-size, soft-bristled toothbrush.
-  Replace toothbrushes every three months. If your child has just recovered from an illness, use a new toothbrush.
-  Check occasionally to make sure that children are not brushing too fast, brushing too hard or missing tooth surfaces.
-  Floss your child's teeth once a day until the age of nine when most children will have the skill to floss their own. All types of floss will clean well.
-  Provide healthy foods. Limit how often sweet snacks are offered, especially sticky sweets that cling to teeth.
-  At about age 6, four 6-year molars will grow in at the back of your child's mouth. These are permanent teeth and are meant to last a lifetime. Ask your dentist to apply dental sealants to new permanent molar teeth. Dental sealants are clear or white plastic coatings painted on to the chewing surfaces to prevent cavities.
-  Visit your dentist regularly — at least once a year.

## Brushing and Flossing Your Child's Teeth



Outside



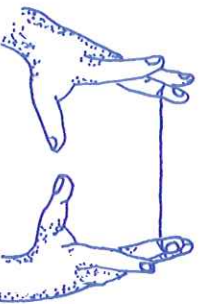
Inside



Chewing surfaces

Angle the brush towards your gums. Gently brush back and forth with short vibrating strokes on all sides of your teeth.

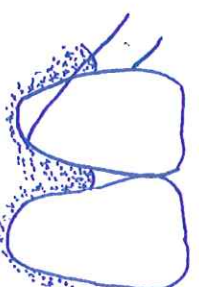
Wrap floss around middle fingers (use about ½ metre or 18 inches)



Position for upper teeth



Position for lower teeth



Guide floss gently between the teeth and under the gums making a "C" shape. Move up and down, and then move to next tooth.