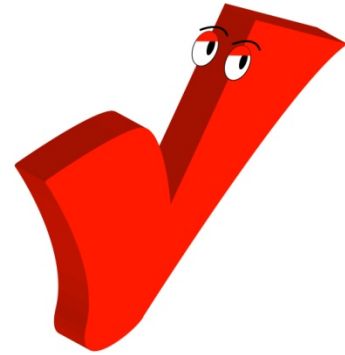


Dental Checklist



Birth to 6 Months

- ✓ Clean mouth with gauze after feedings and at bedtime.
- ✓ Ask your pediatrician or pediatric dentist about fluoride supplements.
- ✓ Regulate feeding habits.

6 to 12 Months

- ✓ First tooth should appear.
- ✓ Begin to brush teeth after each feeding and at bedtime with a small, soft-bristled toothbrush once molars erupt.
- ✓ Baby begins to walk; be alert to dental injuries.

12 to 24 Months

- ✓ Start using pea-sized portions of fluoridated toothpaste.
- ✓ Most primary teeth have erupted.
- ✓ Visit your pediatric dentist.

24 Months and Up

- ✓ Follow schedule of exams and cleanings recommended by your pediatric dentist.
- ✓ Teach your child to choose between healthy and not-so-healthy snacks,
- ✓ Brush teeth twice daily, after breakfast and right before bed.