

# 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

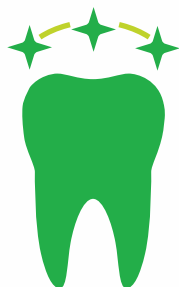
## Use fluoride toothpaste



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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