










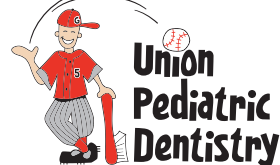


Cavity Prevention Tips

Here are some helpful tips to prevent cavities and keep your child's Grand Slam Smile healthy and strong!

-  Schedule the first dental exam with the eruption of the first tooth or age 1, whichever comes first!
-  Brush with a "grain of rice" size amount of fluoride toothpaste under age 3. Use a "pea size" amount of fluoride toothpaste from 3-5 years old.
-  Help your child brush until they are 9 years old or able to write in cursive!
-  Floss between all teeth that are touching, no matter the age.
-  Drink water after meals and snacks.
-  Avoid constant grazing to allow time for the teeth to recover.
-  Limit juice to 4-6 oz once a day at a mealtime, if at all. Do not give juice to children under 12 months old.
-  Do not eat or drink anything but water after nighttime brushing.
-  Do not put your baby to bed with a bottle or sippy cup with anything other than water.
-  Wipe the milk off your child's teeth after nursing.
-  Check with your pediatric dentist to see if your child is a good candidate for a fluoride mouthwash or prescription toothpaste.

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Won't Cause Cavities...

- Raw, Crunchy Veggies
- Raw, Leafy Veggies
- Cheese
- Nuts
- 100% Nut Butters
- All Meats
- All Fats
- Water
- Eggs

Remember to give your child age-appropriate food. Nuts, hot dogs, grapes, and sausages are common choking hazards, especially in children three years old and under.

Snack Guide

Adapted from *More Chocolate, No Cavities: How Diet Can Keep Your Kid Cavity-Free* by Dr. Roger Lucas, DDS.

Usually Won't Cause Cavities...

- Whole Milk
- Fresh Fruit
- Whole Grain Bread
- Popcorn
- Smoothies
- Dark Chocolate
- Yogurt
- Ice Cream
- Dips & Sauces
- Oatmeal

This list, including milk and fruit, has the potential to cause cavities quickly if you don't organize meal and snack times. The sugars won't stay in contact with teeth for long with organized eating habits.

Even some healthy foods can cause cavities quickly. Being processed and/or dried is not good for teeth. Please eat bananas and oranges—just not all day long!

Causes Cavities Easily...

- Candies
- Soda & Juice
- Chocolate Milk
- Cookies
- Dried Fruit
- Fruit Snacks/Strips
- Dried Flour
- Cereals
- Pretzels
- Crackers
- Oranges & Bananas
- Sports Drinks

*There are always exceptions, especially dry mouth, acid reflux, genetic anomalies, hypoplasia and unforeseen circumstances.