

## Dental Care - 2 to 5 years old



1. Use a PEA-sized amount of fluoride toothpaste
2. Schedule dental visits every 6 months
3. Thumb sucking and pacifier usage should be discouraged by this age. If not, damage to the teeth and bones can occur!
4. Begin flossing when teeth start to touch. This is especially important in back teeth (molars). Bacteria and plaque can cause cavities in between these teeth.
5. Check for signs of cavities - white spots are early signs of cavities, which can progress rapidly to brown or black spots of tooth decay!



6. Limit juice intake to 4-6 oz per day, and snacking to 2 times per day. Frequent snacking can cause the teeth to be bathed in sugar, causing cavities.
7. Rule of Two's - Build a habit of: Brushing 2 times a day x 2 minutes