Healthy Teeth, Happy Smiles

BOOKS

“Max Goes to the Dentist”
by Adria F. Klein
A simple beginning reader book about a trip to the dentist.

by Edward Miller
Take a fun look at everything to do with teeth.

“What to Expect When You Go to the Dentist”
by Heidi Murkoff
Using a comic book style, this book tells the story of a child getting ready to go to the dentist.
Healthy Teeth, Happy Smiles

Ages 3~6

Brush, Brush, Brush, Your Teeth
(To the tune of Row, Row, Row Your Boat)

Brush, brush, brush your teeth,
Brush them every day.
Brush the front and brush the back,
Brush that plaque away.

Brush, brush, brush your teeth,
Eat some fruit each day.
Keep them healthy and so clean
So they won’t decay.

Important Dental Health Tips

• Brush your child’s teeth at least twice a day. Always brush at bedtime.

• Limit snacking; teeth need time to rest and repair between meals.

• Use a small soft toothbrush and a rice-sized amount of toothpaste with fluoride.

• Brush for at least 2 minutes, brushing every surface of every tooth and the tongue.

• When you think your child is ready, let her practice brushing her own teeth—around age 4 or 5. Still brush your child’s teeth once daily until she is about 6 to 8 years old.

• Take your child for a dental checkup at least once a year.

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