



The Children's Oral
Health Institute

Rules to Follow for a Healthy Mouth and Teeth

1. Brush your teeth twice a day.
2. Use a fluoride toothpaste.
3. Floss between your teeth, especially before bedtime.
4. Remember to brush your lips and tongue, too.
5. Never use anyone else's toothbrush.
6. Always avoid sharing eating utensils.
7. Wait to brush 1 hour after swimming in chlorinate water.
8. Avoid too many sweetened juices and soda beverages.
9. Occasionally enjoy chocolate treats.
10. Eat plenty of fresh fruits and vegetables daily.
11. Schedule the first dental visit by age one.
12. See your dentist at least twice a year.

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