

# School-Age Children, Keep a Bright Smile!

Sealants and fluoride together can prevent almost all tooth decay!



**Visit the dentist every 6 months.**



**Brush 2 times a day.** Use a pea-sized amount of **fluoride** toothpaste.



**Floss at least once a day.**



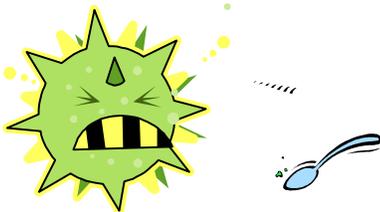
**Choose water instead of soda** or other sugary drinks.



**Limit** drinking fruit juice.



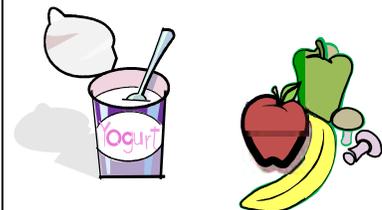
**Drink tap water with fluoride** for strong teeth.



**Do not share spoons or cups with babies.** The germs that cause cavities can be passed on to babies.



**Limit candy** and sticky, starchy snacks. **Rinse your mouth with water** after snacks.



**Eat healthy snacks**

- vegetables
- fruits
- milk
- cheese
- yogurt



[www.Dental.ACPHD.org](http://www.Dental.ACPHD.org)

References: American Academy of Pediatrics  
Adapted from CAMBRA- CDA Journal Oct/Nov. 2007  
ACPHD Office of Dental Health, 010814, rev 11/2020 School-age