

# ORAL HEALTH CHECKLIST:

## Children: 3-5 Years

### Food and Drink

- Give your child water to drink throughout the day.
- Limit the juice your child drinks to 4 oz of 100% juice/day.
- Give your child a variety of foods from all of the food groups each day. These include fruits, vegetables, dairy products, lean proteins, and whole grains.
- Try using stickers or fun activities instead of sugary foods or drinks as rewards. Only give your child sugary foods and drinks for special occasions.

### Oral Hygiene

- Take your child to the dentist every 6 months.
- Brush your child's teeth 2 times each day with a pea-sized smear of fluoride toothpaste. Make sure that every surface of the tooth is cleaned.
- Floss your child's teeth 1 time every day.
- Ask your dentist about fluoride.

