

ORAL HEALTH CHECKLIST:

Toddlers: 1-3 Years

Food and Drink

- Wean your toddler from the bottle completely by her first birthday.
- Don't allow your toddler to carry a sippy cup around with her.
- Give your toddler water to drink throughout the day.
- Limit the juice your toddler drinks to 4 ounces of 100% juice each day.
- Give your toddler 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 toddler sugary foods and drinks for special occasions.

Oral Hygiene

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

