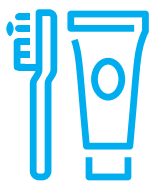




Yep. This early.

Build oral health habits early.
The earlier you start,
the easier it is.

Caring for your children's oral health sets them up for a lifetime of better overall health — right from the start.



Once teeth appear, start brushing your baby's teeth twice a day

with a smear (rice-grain sized) of fluoride toothpaste on a soft-bristle toothbrush.

To **make brushing easier**, try having your child lay down and place the back of their head in your lap — giving you a better angle on brushing those tiny teeth.



Then, **take them to a dentist or doctor for a dental screening before their 1st birthday.** The dentist or doctor will simply:

- Check to make sure that your baby's mouth is healthy
- Give you easy tips you can do to protect their tiny teeth

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