

## KEEP CAVITIES AWAY Brush Those Teeth Twice a Day!





MONTH	First Week		Second Week		Third Week		Fourth Week	
Monday	<b>*</b>	Xx		××	<b>*</b>	××	<b>*</b>	××
Tuesday	<b>*</b>	XX		X <sub>x</sub>	<b>*</b>	X <sub>x</sub>	<b>\(\overline{\pi}\)</b>	××
Wednesday	<b>*</b>	XX		X <sub>x</sub>	<b>*</b>	X <sub>x</sub>	<b>\(\overline{\pi}\)</b>	××
Thursday	<b>\(\overline{\pi}\)</b>	Xx		X <sub>x</sub>	<b>*</b>	X <sub>x</sub>	<b>\overline{\overline{\pi}}</b>	××
Friday	<b>\(\overline{\pi}\)</b>	Xx		X <sub>x</sub>	<b>*</b>	X <sub>x</sub>	<b>\(\overline{\pi}\)</b>	××
Saturday	<b>*</b>	Xx		X <sub>x</sub>	<b>*</b>	X <sub>x</sub>	<b>\(\phi\)</b>	××
Sunday	<b>*</b>	XX	<b>*</b>	××	<b>*</b>	X <sub>x</sub>	<b>*</b>	××

**Kids Toothpaste Tip** 



**0-3 YEARS GRAIN OF RICE**  **3+ YEARS PEA SIZE** 

Adapted from an American Dental Association (ADA) graphic.

**HEALTHY HABITS START AT HOME:** Brush the teeth twice a day with children's fluoride toothpaste at the appearance of the first tooth.

Ages 0-3: Use a smear of fluoride toothpaste the size of a grain of rice.

Ages 3+: Use a pea size amount of fluoride toothpaste.





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