



## **DENTAL CARE FOR YOUR 4 YEAR OLD**

- At age 4 most children have all of their baby teeth.
- **BRUSHING:** It is VERY IMPORTANT to brush these teeth 2 times per day ESPECIALLY before bedtime. Do not let your child have anything to EAT OR DRINK AFTER you brush their teeth at night! Drinking anything other than water at night will cause cavities quickly! You can allow them to brush on their own BUT you MUST brush BEFORE OR AFTER them EACH time. They do not have the coordination needed to remove ALL of the plaque.
- **TOOTHPASTE:** By now your child should understand how to spit out toothpaste. If so, they should be using a toothpaste with FLUORIDE. If they can not spit out and are still swallowing toothpaste then they should use a toothpaste with NO FLUORIDE and you should continue to teach them to spit out the toothpaste. You should be flossing your child's teeth at least once per day, preferably after you brush at night. Using plastic "flossers" is perfectly fine.
- **DIET:** SWEETS of any kind are BAD for your teeth, ESPECIALLY SWEET LIQUIDS! Stress drinking WATER and WHITE MILK daily.