

# Health & Wellness Tip of the Week

## Week 8 February 19, 2018

Our mission is to promote health awareness and encourage healthy lifestyles.



BlueCross BlueShield  
of Texas

Take wellness to heart

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## For Healthy Teeth, Start Your Kids Early

February is National Children's Dental Health Month, and it's a great time to "brush up" on how to keep kids' teeth healthy and bright smiles tooth-decay free.

- Start cleaning a baby's gums before teeth appear with a clean, moist pad or washcloth.
- When teeth appear, so can decay. Begin brushing a child's teeth twice a day. Don't use more than a grain of rice-sized drop of fluoride toothpaste.
- Keep brushing your child's teeth yourself until he or she can brush his or her own, usually after age 3.
- When a child has two teeth that touch, begin flossing daily.
- Children age 3 to 6 should use a pea-sized drop of fluoride toothpaste, and brush thoroughly twice a day. Make sure they use the right amount and don't swallow it!

*Source: American Dental Association "Mouth Healthy"*

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