

# Keep a Bright Smile!



**Visit the dentist every 6 months.**  
Start by the first birthday.



**Brush 2 times a day.**  
Use a pea-sized amount of **fluoride** toothpaste.



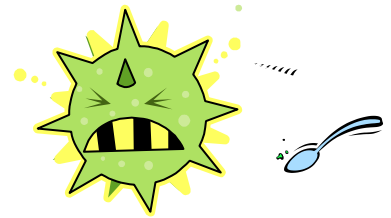
**Floss at least once a day.**



**Choose water instead of soda**  
or other sugary drinks.



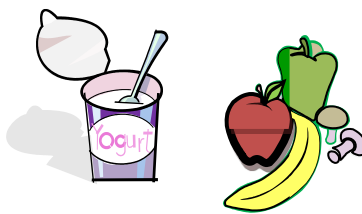
**Limit** drinking fruit juice.



**Do not share spoons or cups with babies.**  
The germs that cause cavities can be passed on to babies.



**Limit candy and sticky, starchy snacks.**  
**Rinse your mouth with water** after snacks.



**Eat healthy snacks**

- vegetables
- fruits
- milk
- cheese
- yogurt



**Drink tap water with fluoride** for strong teeth.



[www.Dental.ACPHD.org](http://www.Dental.ACPHD.org)

References: American Academy of Pediatrics  
Adapted from CAMBRA- CDA Journal Oct/Nov. 2007  
ACPHD Office of Dental Health, 010814, rev 11/2020 Families

# 保持明亮的笑容



每 6 個月應檢查一次牙齒。  
從第一次生日開始做起



每天刷牙 2 次。  
使用含氟化物的牙膏，  
擠出一粒像大米尺寸即可。



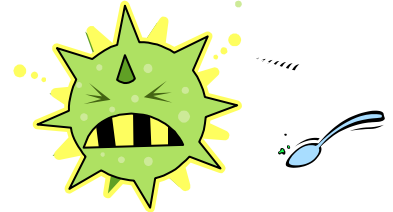
每天使用牙線潔牙至少  
一次。



以白水取代汽水  
或其他含糖飲料。



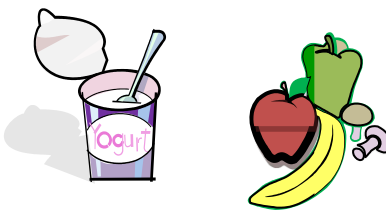
節制飲用果汁。



避免與嬰兒  
共用湯匙或杯具。  
造成蛀牙的細菌有可能因此傳播給嬰兒。



節制食用糖果以及含澱  
粉的黏手點心。吃完點  
心後以清水漱口。



選擇健康的點心  
蔬菜  
水果  
牛奶  
起司  
優格



飲用含氟的水  
強健牙齒。



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