

# Keep a Bright Smile!

Sealants and fluoride together can prevent almost all tooth decay!



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



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



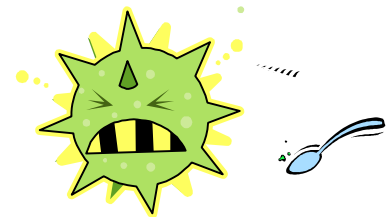
**Floss at least once a day.**



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



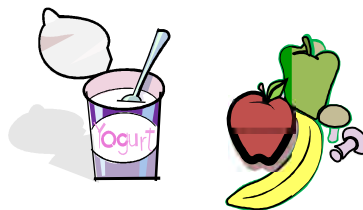
**Limit** drinking fruit juice.



**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



**The City of Livermore tap water has no fluoride.**  
For strong teeth, use a mouth rinse with fluoride.  
You can also buy drinking water with fluoride.



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

References: American Academy of Pediatrics  
Adapted from CAMBRA- CDA Journal Oct/Nov. 2007  
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