

Good dental habits from the start

Oral health for kids: What you need to know



Brush twice a day for two minutes

Brushing for two minutes with fluoride toothpaste helps reduce plaque and avoid cavities.*

Two minutes can be a lot for a child, so try an app to make it a fun experience: The **Disney Magic Timer by Oral-B** lets your child brush alongside their favorite characters, and the **Toothsavers Brushing Game** takes them on an exciting adventure. Both are in the App Store and Google Play.

Consider sealants

Dental sealants are applied by a dentist and protect cavity-prone areas in both primary and permanent teeth.** They're a proactive way to help avoid dental issues in the future.

Reduce sugars

Every time your child eats or drinks something sugary, their mouth creates acid that can lead to tooth decay.*** If they're going to eat a sugary food, they should drink water after. If they're going to have a sugary beverage, such as soda, juice or a sports drink, they should use a straw.

Encourage healthy snacks

Mouth-healthy snacks include cheese sticks, nuts, low-sugar yogurts, veggies and apples.



Schedule a check-up today

Regular cleanings help keep your child's mouth healthy and catch any issues when they're small. Find a pediatric dentist at [myCigna.com](https://mycigna.com).

*Raypole, Crystal. 5 Toothbrushing FAQs. 1 Apr. 2019, www.healthline.com/health/how-long-should-you-brush-your-teeth-2.

**Dental Sealants for Children, American Academy of Pediatrics, www.healthychildren.org/English/healthy-living/oral-health/Pages/Dental-Sealants-for-Children.aspx

***Lin, Steve. The Effects of Snacking on Your Teeth. Verywell Health, 23 Oct. 2020, www.verywellhealth.com/is-your-snacking-habit-bad-for-your-teeth-3866373.

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