



The 5 Keys to Cavity Prevention

- **Have sugar-free drinks available**
 - Water is the best thing your child can drink. Another option is anything sugar-free (0% carbohydrates). There are many drink options available that include but are not limited to Crystal Light® or Mio Water®. Remember even fruit juices with natural sugars can cause cavities.

- **Eliminate sticky and retentive foods**
 - Foods such as fruit snacks, raisins and crackers can be retained in the grooves of the teeth and will continue to feed the bacteria for extended time periods.

- **Set up a structured feeding schedule**
 - Cavities are a direct result of bacteria in the mouth being fed sugars (carbohydrates) and producing acid that can break down enamel.

- **Floss the teeth at least 5 times a week**
 - The highest risk area for cavities in primary teeth is in between the primary molars. It is very important to disrupt the bacteria in the area where teeth are touching.

- **Brush the teeth twice daily with a pea size amount of fluoridated toothpaste**
 - We encourage parents to continue to brush one time daily for their children until the children are 8 to 9 years old.
 - Children can start using a very small (1/2 pea size) amount of fluoride toothpaste at 2 years old.