

It's never too early to start focusing on the importance of tooth brushing for children! While you may not think it's a priority at a young age because children's teeth are not permanent, the sooner you focus on brushing children's teeth, the sooner it will become a long-term habit. Here we explain how:

- Form habits at an early age and make them fun
- √ Use products specially designed for a specific age
- √ Teach your child the proper techniques

You are the best role model there is to show your child how to take care of their oral health. Try brushing your teeth together! Follow these tips!



Brush for 2 minutes, 2 times a day: every morning and night



Use a fluoride toothpaste, which is gentle on tooth enamel and protects against cavities



For children over 3 years old, electric toothbrushes are safe and the most effective brushing option*

At Crest® + Oral-B®, our goal is to ensure every smile in America is healthy. Let's **#ConquerCavities**

Close the tap to save water while brushing your teeth.

A healthy diet can help protect your teeth.

Following a proper and nutritious diet helps keep the body healthy. Good nutrition also plays an important role in the health and cleanliness of your teeth, gums, and mouth.

