



Crest + **Oral-B**

#ClosingAmericasSmileGap

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It's never too early to teach your little ones about the importance of brushing their teeth! You might think that since children's teeth are temporary, brushing isn't a big deal right now. But starting early helps them develop a lifelong habit of good oral care. Here's how you can make tooth brushing enjoyable and effective:

- ✓ **Create Fun Habits:** Make brushing a fun part of their daily routine.
- ✓ **Choose Age-Appropriate Products:** Look for products designed for a specific age.
- ✓ **Teach the Right Techniques:** Show your child how to brush properly



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.

*When used as directed

POH CASG - Certificate Made By: Think Patented, Miamisburg, OH 45342
Dist. By: Pep, Cincinnati, OH 45202 Pep123511B
Made in the United States January 2025

A healthy diet can help protect your teeth.

A nutritious diet not only helps keep the body healthy but also plays an important role in the cleanliness and health of your teeth, gums, and mouth.

Close the tap to save water while brushing your teeth.

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