



DENTAL CARE FOR YOUR 2 YEAR OLD

- At age 2 most children have all of their front teeth and their 1 year molars.
- BRUSHING: It is VERY IMPORTANT to brush these teeth 2 TIMES per day ESPECIALLY before bedtime! You should brush your child's teeth for them. They can start learning to brush their own teeth, but at this age they do not have the coordination to brush properly. You need to brush BEFORE or AFTER them to remove ALL the plaque. It is best to start using a tooth brush to help clean down in the deep grooves on the back molars.
- BEDTIME: Do not let your child have anything to EAT or DRINK AFTER you brush their teeth at night! Drinking anything other than water at night will cause cavities quickly!
- TEETHING: Your 2 year old will be getting their 2 year molars in the back. This is their very back baby molars. Some children are quite sore when they get their two year molars. We recommend giving over the counter Tylenol or Motrin as directed by your Pediatrician.
- DIET: SWEETS of any kind are BAD for your teeth, ESPECIALLY SWEET LIQUIDS! Stress drinking WATER and WHITE MILK Daily.