Wipe your child’s gums with a wet washcloth or a clean gauze pad after each feeding. Begin brushing your child’s teeth with a little water as soon as the first tooth appears. Supervise toothbrushing to make sure that children older than 2 years use only a pea-sized amount of fluoride toothpaste and avoid swallowing it. Children should be taught to spit out remaining toothpaste and rinse with water after brushing.

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