



South Carolina Dental Association's Cavity Free Community Campaign **NO CAVITIES Instructions**

- **Parents must assist and supervise with brushing and flossing; and with a child's food choices into adolescence.**
- Parents and caregivers, have **your teeth** checked before conception and before delivery. Cavities are the result of an infectious disease spread primarily from the mother or primary caregiver to the child.
- Take your child to the dentist every 6 months beginning at 12 months of age.
- Avoid nursing bottles, “sippy” cups, straws, spouts, sports bottles, etc., after the age of 12 months unless they contain plain water only.
- Brush after breakfast and before bedtime everyday. Brushing after lunch or after school is good too. Floss before bedtime every night.
- Drink plain water between meals and after dinner; save the soda, sweet tea, fruit juices, Gatorade type products, etc. for meal times only.
- Eat only healthy snacks (i.e., fresh fruits, vegetables, cheese, or water, etc.) between meals and in the evening.
- Avoid sugars and starches as snack foods between meals (i.e., candy, chips (potato and tortilla), crackers, cookies, cakes, cereals, chewing gum, etc.)
- Rinse with an anticavity fluoride rinse before bedtime every night **starting about age 6, if your child can rinse and spit reliably.** Do not use if your child swallows any of this product.