



**BUNCOMBE COUNTY HEALTH CENTER**  
**HEALTH EDUCATION DIVISION**  
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## Birth – 1 Year:



- Wipe baby's gums and teeth with a damp cloth or gauze daily.
- When the baby has 4 teeth, gently brush teeth with a baby-sized toothbrush.
- Start giving the baby a cup at about 6 months.
- **Do not put your baby to bed with a bottle.**

## 1 – 2 Years:



- Gently brush child's teeth with a soft toothbrush 2 times each day.
- Take child for first visit to dentist if there is a problem.
- **Wean child from bottle at 12 months.**

## 2 – 3 Years:



- Take child to the dentist for an exam and cleaning.
- Brush child's teeth after meals and especially before bed.
- Begin to teach child to brush teeth with a soft damp toothbrush.
- Toothpaste is not needed until child can spit toothpaste out.
- Try not to give sweet snacks to your child.

## 3 – 6 Years



- Help child brush teeth before bed until child is eight years old.
- Try not to give sweet snacks to your child.
- Encourage brushing after eating.
- Take child to dentist for check-ups every six months.

## 6 Years and Up:



- Remind child to brush and floss after meals and before bed.
- Help child brush and floss before bed until child is eight years old.
- Begin using a small dab of toothpaste when brushing. Remind child not to swallow toothpaste.
- Take child to dentist for check-ups every six months. Ask dentist about sealants for first permanent molars.

**For Dental Care Call: Buncombe County Health Center Dental Clinic 250-5011**