Tooth decay is 4x more common than asthma among 14-17 year olds.

1 in 5 children have at least one untreated decayed tooth.

51 million school hours lost due to dental problem illness.

**Tiny Teeth, Big Impact**

**A GUIDE TO CHILDREN'S ORAL HEALTH**

**Tips For Healthy Teeth**

- Visit the dentist by age 1
- Talk to your dentist about sealants
- Eat a nutritious diet
- Use fluoride toothpaste

**2-2-2 Rule**

- Visit the dentist 2 times per year
- Brush and floss 2 times per day
- Brush and floss for 2 minutes

**Toothpaste Use Guide**

- 0-3 years: grain of rice
- 3+ years: pea size

Fluoridated water reduces tooth decay.

Eat a nutritious diet.

Visit the dentist by age 1.

Talk to your dentist about sealants.

Use fluoride toothpaste.

Illinois Department of Public Health

Protecting Health, Improving Lives