



SOUTHWEST INITIATIVE  
FOUNDATION



15 3<sup>rd</sup> Avenue NW  
Hutchinson, MN 55350  
(800) 594-9480  
[info@swifoundation.com](mailto:info@swifoundation.com)  
[www.swifoundation.org](http://www.swifoundation.org)

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# Visit the Dentist at Back-to-School Time

Preschoolers

Children with healthy mouths are ready to learn!

## Healthy Teeth Tips for Preschoolers:

- Brush and floss your child's teeth regularly
  - ☑ Use a small, soft toothbrush, with a grain of rice sized amount of paste, to brush your child's teeth after meals and especially before bedtime. If a toothbrush is not available, rinse your child's mouth with water.
- Supervise brushing
  - ☑ Brush your child's teeth until they have the skills to handle a toothbrush alone. Then continue to closely watch brushing to make sure the child is doing a thorough job and using only a small amount of toothpaste.
- Encourage your child to eat nutritious meals and snacks and get plenty of sleep
  - ☑ The mouth is the opening to the rest of the body and all that enters affects the entire body. Sugary and sticky treats, such as pop and candy provide no nutritious value and can cause cavities. Nutritious foods and plenty of sleep help bodies grow big, strong and ready to learn!
- Talk to your dentist, doctor or other healthcare provider about your child's healthy mouth
  - ☑ It's important for children to see a dentist by age one and *before* problems arise. If a dentist is no available, encourage your child's healthcare provider to look over your child's teeth for signs of early problems. Your dentist or healthcare provider may also prescribe the use of a fluoride supplement.

**Jodi Maertens**  
Program Officer  
15 3<sup>rd</sup> Avenue NW  
Hutchinson, MN 55350  
(800) 594-9480  
[jodim@swifoundation.org](mailto:jodim@swifoundation.org)



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