

ACT® SMART FROM THE START

Healthy habits and the use of fluoride can set your kids up for dental success.

Great oral health habits can take shape as soon as your child develops teeth. As a role model, when you teach your child the importance of taking care of their oral health with proper brushing, flossing and the use of fluoride, you prepare them for decades of dental success.

5 Ways to Form Better Habits and ACT® Smart

Did you know that **80% of children will get a cavity by age 17?**¹ That's an alarming statistic that doesn't have to include your child. Start them young! Follow these guidelines to encourage a better oral health routine right from the start.



Always brush teeth with a fluoridated toothpaste twice a day.

ACT® Kids Anticavity Fluoride Toothpaste is safe, effective, gentle and comes in a kid-friendly flavor.

- **In children younger than 3:** According to the American Academy of Pediatric Dentistry, as soon as teeth start to appear, use just a smear of toothpaste to brush them.²
- **In children aged 3-6:** Graduate to a pea-sized amount of toothpaste, but monitor brushing to avoid any excess swallowing of toothpaste.²
- **Brush twice a day:** It's important to supervise children to ensure they brush once in the morning and once at night.



Incorporate the use of a fluoride rinse like ACT® Kids Anticavity.

ACT® has the ADA seal of acceptance and is the **#1 dentist and hygienist recommended pediatric rinse brand.**³ Swishing once a day for one minute can help **reduce your child's risk of cavities up to 40%.**⁴ Plus, ACT® makes things easy and fun, with great-tasting flavors like new Pineapple Punch and a foolproof, built-in dosing meter that dispenses the right amount of rinse to use every time! Always supervise young children to ensure they swish and then spit.



Take special care with braces.

Cleaning around teeth with braces and other orthodontic appliances can be tricky and can cause plaque to build up. Using a uniquely formulated rinse like ACT® Braces Care™ Mouthwash can help reduce cavities, prevent "white spots" (decalcification) and strengthen teeth.



Schedule regular check-ups with your child's dentist.

The American Academy of Pediatric Dentistry recommends that children visit their dentist **every six months** to monitor for cavities and any other dental issues.



Watch out for added sugar.

So many foods and drinks that children consume are sneakily packed with sugar, which can cause cavities. Limit consumption of things like sticky, gummy snacks, carbohydrates from chips and crackers, sodas, juices and even sports drinks.⁵

The Power of Fluoride

Fluoride is vitally important for children. As they get older, it helps stop cavities from forming by strengthening teeth as they develop.



- Calcium
- Phosphate
- Fluoride

Fluoride is a mineral that safely strengthens teeth to help prevent tooth decay and permanent tooth loss. When a tooth's surface is weakened by decay, fluoride can be absorbed into the weakened surface to strengthen the enamel.

Amazingly, the new tooth surface created by this strengthening process is even more durable than the original.

References:

1. National Institutes of Health. (2001, March 28). Diagnosis and management of dental caries throughout life. *NIH Consensus Statement*, 18(1): 1-30.
2. American Academy of Pediatric Dentistry. (2018). Frequently asked questions. [Mychildrensteeth.org](http://www.mychildrensteeth.org). <http://www.mychildrensteeth.org/education/faq/#360>.
3. Data on file. Chattem, Inc., a Sanofi Company.
4. Heifetz, S.B., et al. (1982). A comparison of the anticaries effectiveness of daily and weekly rinsing with sodium fluoride solutions: final results after three years. *Pediat Dent*. 4(4):300-3.
5. Mouth Healthy. (2018). 6 ways to reduce your child's sugary snacking. <https://www.mouthhealthy.org/en/nutrition/child-snacking-tips>



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