



Baby teeth are important!

They affect how your child eats, looks and feels. You can keep your child from getting tooth decay if you follow the simple rules below:

Tooth decay **HURTS** and can be dangerous!

- Clean your baby's gums and teeth every day.
- Give only formula, water or breast milk in a bottle.
- Never let your baby sleep with a bottle in her mouth.
- Wait until 6 months of age to offer juice - and then from a cup, never a bottle.
- Trade the bottle for a cup by the first birthday.
- Give your child healthy snacks - like fruits and vegetables - instead of sweets.
- Start regular dental checkups for your baby at age 1.
- Check for white spots - see the dentist right away if they are present.