



**Give your baby
a healthy smile.**

- Did you know that daily mouth care should start at birth?
- At birth begin wiping your baby's gums at least once a day with a clean soft bath cloth.
- As the baby teeth come in, keep cleaning the gums and teeth with a bath cloth or use a soft baby toothbrush.

- Eat healthy meals and snacks.
- Keep your mouth clean and healthy.
- Have a dental check-up before your baby is born to be sure your teeth and gums are healthy.
- If you have tooth decay, you can pass the germs to your baby at birth.



**Good dental health
begins in the womb.**



Time for SNACKS!

- Young children need 2 or 3 snacks a day.... just do not let them snack too often.
- It's a parents' job to plan WHAT snacks are given and WHEN they are given.
- Offer healthy snacks - like fruits and vegetables - not sticky sweets and chips that stay on the teeth and cause tooth decay.
- Sweets are okay now and then, but give them with a meal, not at snack time.

- Plan the first dental visit at about age 1.
- Go sooner if you see white spots.
- Go every six months after that.
- Need help finding a dentist? We can give you information to help you find a dentist you can afford.



Visit the dentist.

Cavities can get worse very fast.



Mild

- Cavities in young children usually start as white spots on the upper front teeth near the gums.



Moderate

- They can become cavities very fast - Within 30 days.



Severe

- If you see white spots, see the dentist right away.



When nursing or giving a bottle...

- Give only formula, water or breastmilk in the bottle. Never put juice, soda or any other sweet drinks in the bottle.
- Hold your baby when feeding a bottle.
- Do not let your baby sleep with a bottle or breast in her mouth.
- If you use a pacifier, do not dip it in anything sweet like sugar or honey.

Protect your baby's teeth.

As your child grows...

- Start cup training at 6 months.
- Wait until 6 months to give juice - then from a cup, NEVER from a bottle.
- Limit juice to 4-6 ounces a day at planned meals or snacks...do not let your child sip on juice all during the day.
- Stop bottle by 1st birthday.
- Unlike bottle feeding, breast feeding can continue as long as you and your baby want.



Tips for healthy teeth