



# Keeping Your Child's Mouth Healthy

Report 2023

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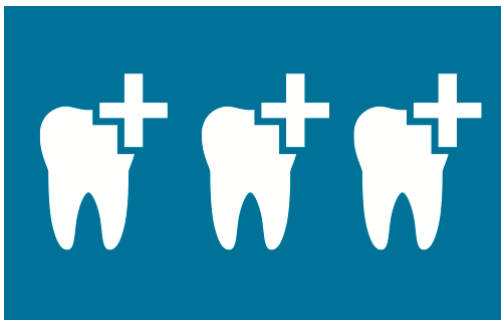
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## KEEPING BABY TEETH HEALTHY

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- Kids with cavities in their baby teeth are more likely to have cavities in their adult teeth.
- To help chew healthy, crunchy foods.
- To hold space in the mouth for permanent teeth that are growing under the gums.
- When a tooth is lost too early, teeth can drift into the space and make it difficult for adult teeth to find room. This can cause crooked and crowded teeth.
- Because cavities are painful!



### It's OK to ask

Ask your medical or dental provider about fluoride varnish, which can be painted on teeth to strengthen tooth enamel



## BEFORE YOUR BABY HAS TEETH

- Good oral care starts even before your baby gets their first teeth. You can help keep your baby from getting the germs that lead to cavities.
- Breast is best. Breast-fed babies have healthier teeth.
- If your baby drinks a bottle, put only milk, formula or water in the bottle.
- Never let your baby fall asleep with a bottle.
- Keep your teeth healthy too. You can spread cavity causing germs to your baby by sharing spoons, or licking your child's pacifier for example.
- Schedule your baby's first dental visit before their first birthday.



## WHEN YOUR CHILD HAS TEETH

- Once teeth appear, brush your baby's teeth once in the morning and once before bed with a soft-bristled toothbrush.
- Use a smear of fluoride toothpaste no more than a grain of rice. Use a pea size amount when they learn how to spit
- Help your child brush their teeth.
- Choose food and drinks that are low in added sugar. Juice and soda have sugar.
- Transition from a bottle to an open top cup when your child is one year old.
- Drink milk with meals. Drink water between meals.
- Plan snacks between meals to avoid snacking all day.

## What does fluoride do and why is it important?



**Fluoride strengthens teeth and prevents cavities**



**Drinking tap water with fluoride reduces cavities by 25% in everyone who drinks it**



**Ask your doctor about fluoride supplements if your water is not fluoridated**



## **BEFORE YOUR BABY HAS TEETH**

**How can I help my baby have a healthy smile?**

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