



A healthy mouth for your baby

Courtesy of

Healthy teeth are important, even baby teeth

- Children need healthy teeth to help them chew and to speak clearly.
- Baby teeth hold space for adult teeth.
- This information can help you keep your baby's mouth healthy and give him a healthy start!



1. Protect your baby's teeth with fluoride.
2. Check and clean your baby's teeth.
3. Feed your baby healthy food.
4. Don't put your baby to bed with a bottle.
5. Take your child to the dentist by age 1.



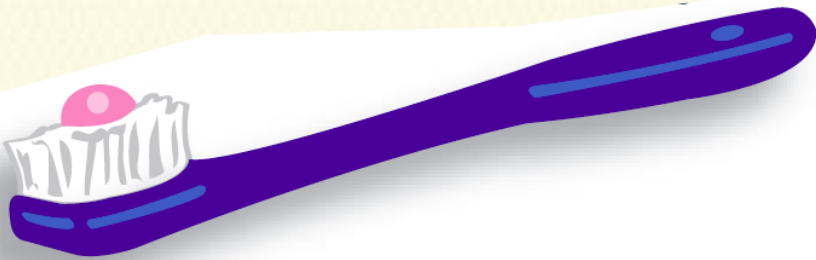
1. Protect your baby's teeth with fluoride

- Fluoride protects teeth from tooth decay. It can even heal early decay.
- Fluoride is in the drinking water of many towns and cities.
- Ask a dentist or doctor if your water has fluoride in it. If it doesn't, ask about other kinds of fluoride (such as fluoride toothpaste or varnish) that can help keep your baby's teeth healthy.



2. Check and clean your baby's teeth

- Healthy teeth should be all one color.
- If you see spots or stains on the teeth, take your baby to a dentist.
- Use a small soft baby's toothbrush.
- Clean the teeth at least once a day and best right before bedtime.
- As soon as the first tooth erupts, consult your dentist about using fluoride toothpaste.
- Use only the size of a grain of rice of toothpaste.
- Until they are 7 or 8 years old (and beyond), you will need to help your children brush their teeth.



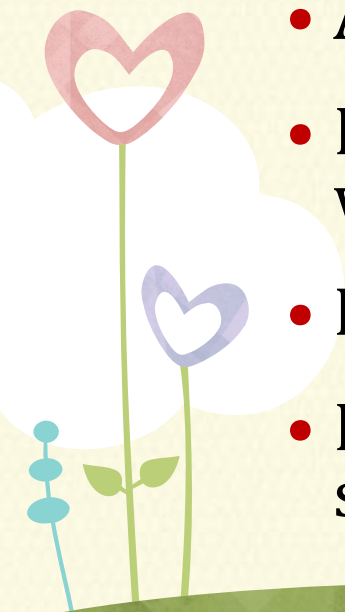
3. Feed your baby healthy food

- Choose foods without a lot of sugar in them.
- Give your child fruits and vegetables for snacks.
- Save cookies and other treats for special occasions.



4. Don't put your baby to bed with a bottle

- Milk, formula, juice, and other drinks such as soda all have sugar in them.
- If sugary liquids stay on your baby's teeth too long, it can lead to tooth decay.
- Avoid putting him to bed with a bottle.
- Between feedings, don't give your baby a bottle or sippy cup filled with sweet drinks to carry around.
- Near his first birthday, teach your child to drink from an open cup.
- If your baby uses a pacifier, don't dip it in anything sweet like sugar or honey.



5. Take your child to the dentist by age 1

- Your child should have a dental visit by his first birthday. At this visit, the dentist will:
 - Check your child's teeth.
 - Show you the best way to clean your child's teeth.
 - Talk to you about other things such as a healthy diet and fluoride that can keep your child's mouth healthy.



Questions, Suggestions, Feedback?

- Email us at oasisdiscussions@cda-adc.ca
- Call us toll free 1-855-716-2747

Thank you

