

# Think About Your Baby's Teeth



## Tooth Decay is Preventable:

- ▶ Eat well and take special care of your teeth during pregnancy.
- ▶ Wipe baby's gums daily from birth, then brush teeth twice daily.
- ▶ Lip lift monthly. If changes are noticed, contact a dental professional.
- ▶ Use only plain water in bedtime bottle or sippy cup.
- ▶ Stop using bottle and sippy cup by 14 months.

Severe early childhood tooth decay can affect your child's health. **A dental checkup is recommended by their first birthday.**

**Did You Know?** Every sip of a sweet drink causes teeth to be attacked by cavity-causing bacteria for 20 minutes.



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# Protect Your Child's Smile



## A Health Unit Dental Screening can provide:

- ▶ A free visual assessment of your child's teeth
- ▶ Recommendations for home care and food choices to promote oral health
- ▶ A fluoride varnish application to help prevent tooth decay.

For best results following a fluoride varnish application:

- do not eat or drink for 30 minutes
- avoid hard foods and hot drinks
- do not brush or floss for at least 3-6 hours (wait until the next morning if possible)

**Did You Know?** Oral health affects our overall health. Healthy baby teeth are necessary for good nutrition, speech development, and self-esteem.

**For more information call the  
Health ACTION Line at  
1-800-660-5853  
or visit our website at: [www.healthunit.org](http://www.healthunit.org)**

