

***Keep Your  
Child's Smile  
Healthy!***



Your dental health is  
very important!



Babies are not  
born with the  
germs (bacteria)  
that cause  
tooth decay.

Parents, caregivers & siblings  
pass-on tooth decay “germs”  
through their saliva by:

Sharing cups & utensils



“Cleaning” a pacifier  
by putting it in your  
own mouth



Blowing on food



Parents,  
caregivers, and  
family members  
need **healthy**  
mouths.



Brushing



Flossing



Dental Check-up



Healthy  
Eating



# Baby teeth are important!

Baby teeth help your child **eat** properly.

Baby teeth help your child to **speak** well.

Baby teeth help the adult teeth to **grow** properly.





**Healthy baby teeth**



**Mild decay**



**Moderate decay**



**Severe decay**

# Early Childhood Tooth Decay

... is an **infection**

... can be very **painful**

... is **preventable**

# Keep your baby's mouth clean



Use a soft clean cloth  
when you:

- . Clean the gums and  
teeth at bedtime.
- . Clean the gums and  
teeth after **breast  
or bottle feeding.**



- . Breastfeeding is best for dental health, growth & development.
- . Clean the gums and teeth everyday.
- . Use a soft toothbrush once teeth appear.



Never put a baby to bed with a bottle filled with juice, milk or other drinks that contain sugar.





- . Teach your child to drink from a cup -without a lid- by age one.
- . Avoid sugary drinks and treats.
- . Visit a dental professional before your child's first birthday.

Healthy teeth  
help your child  
to  
**feel good**  
about  
themselves and  
have a  
**healthy**  
smile.



Your child's health is in  
your hands.



Keep their smile  
healthy!



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Health  
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Santé  
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## References:

The Manitoba Collaborative Project for the  
Prevention of Early Childhood Tooth Decay 2006

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