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.



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.

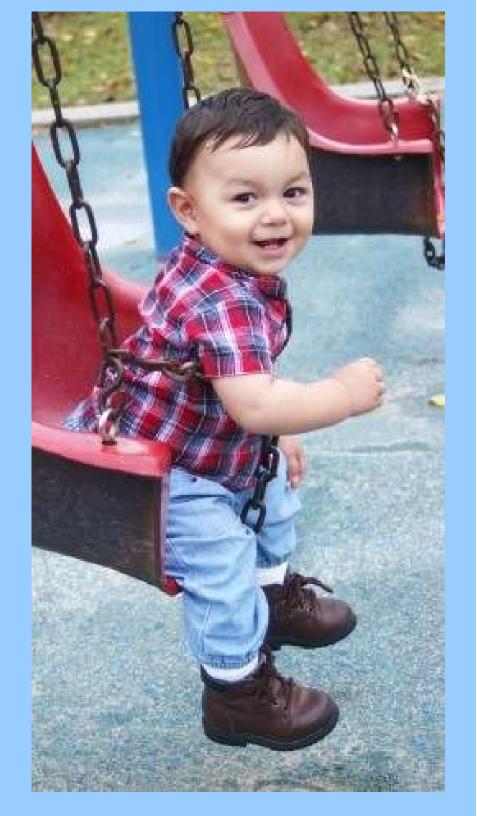
 Breastfeeding is best for dental health, growth & development.

. 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 lidby 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!



Produced by Northern Oral Health Working Group members:



References:

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

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