

# BABY TEETH ARE IMPORTANT

## Cavities can be prevented...

### Dental Care Checklist

- Do not allow your baby to fall asleep with a bottle.**

Use toys, hugs, stories or songs to comfort your child instead of a bottle containing milk, formula, juice or any sweet liquid like iced tea or pop. If your baby needs a bottle between regular feedings or at bedtime, use only water.

- Clean your baby's gums with a clean soft cloth moistened with water.**

Begin using a toothbrush as soon as the first tooth appears. When your child has candy, sweet or sticky food, brush their teeth right after eating.

- Check your child's teeth monthly.**

Lift the lip and look. If you see any white, chalky, or brown spots along the gumline, black or brown spots on the teeth or mouth sores, take your child to the dental office or call your Regional Health Office.

- Don't give your child juice in a bottle.**

It is best to give juice in a cup at mealtime. At 6-9 months teach your baby to use a cup but do not allow constant sipping from a training "sippy" cup! To cut down on the decay causing sugars, mix half juice and half water, or even use twice as much water as juice.

- Encourage your child to drink water and eat a variety of fruits and vegetables.**

- Set a good example: keep your teeth clean and healthy.**

Parents and caregivers need to brush and floss their own teeth every day and visit a dentist regularly so their mouth will be healthy. This will limit the number of decay causing bacteria (germs) passed to an infant from a parent's or a caregiver's mouth.

- Visits to the dental office should begin when all 20 baby teeth have grown in, or sooner if you have concerns.**

For further information or consultation,  
contact your local dental team or public health office.

