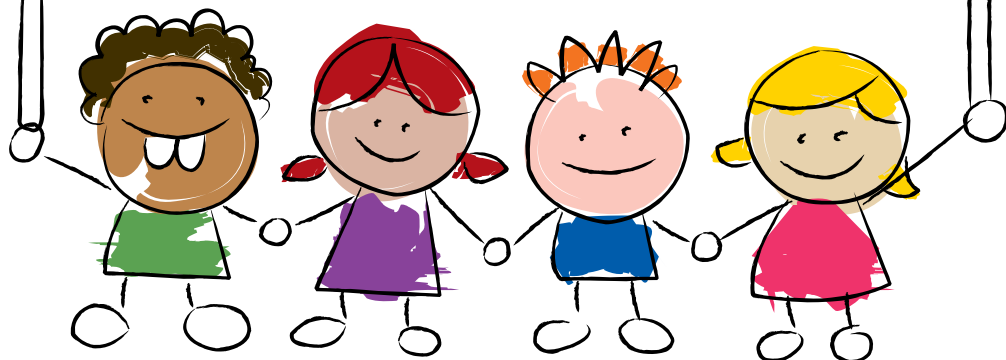


Healthy Smile, Happy Child



Tips to Prevent Early Childhood Tooth Decay

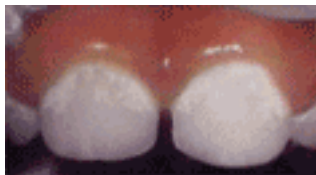
Infants:

1. Only use a baby bottle for breast milk, water or formula
2. Wipe your baby's mouth with clean soft cloth before and after feeding
3. Never put your baby to sleep with a baby bottle
4. Bring your baby to visit an oral health professional by age 1

Toddlers:

1. Brush your child's teeth two times a day for two minutes
2. Choose healthy foods and snacks for your child
3. Serve water instead of sweetened drinks (such as pop or fruit punch/cocktail)
4. Continue to visit your oral health professional regularly

THIS CAN BE PREVENTED



Very Early Decay:

- Chalky-white colouring on tooth along the gum line.



Decay:

- Tooth begins to visibly turn brown



Severe Decay:

- Tooth becomes brittle and starts to break down



Baby teeth are important for:

- Chewing
- Speaking
- Smiling
- Jaw development