

Baby Teeth are Important

You play an important role in caring for your child's baby teeth.

- Starting at birth, wipe your baby's gums with a clean damp cloth after feedings.



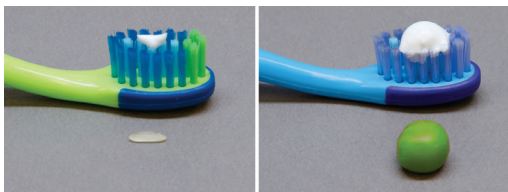
- Germs that cause cavities can be found in your mouth. Do not share utensils or toothbrushes as you can transfer these germs to your baby.
- Children do not need juice. Choose whole fruit or water instead of juice.
- Transition your child to an open cup by 12 months of age and avoid using sippy cups.
- Provide healthy foods and limit sugary snacks.

START EARLY: HEALTHY SMILES FOR LIFE

- Lift your baby's top lip to look for decay once a month. Seek dental advice if you notice any changes.



- Brush your baby's teeth twice a day as soon as the first tooth appears. Use a small soft toothbrush moistened with water or non-fluoridated toothpaste.
- A rice-sized grain of fluoridated toothpaste can be used if recommended by a dental professional or your local health unit. A pea sized amount can be used after the age of 3.



* photo credit to the American Dental Association

- Schedule your baby's first dental visit by age 1.
- The Health Unit can help eligible children and youth access no-cost dental programs.