

# Lift the Lip

Babies can get cavities as soon as teeth appear. Help keep your baby's teeth healthy!



- Wipe baby's gums after each feeding with a clean damp cloth.
- Start brushing baby's teeth as soon as the first tooth appears.
- Never put baby to bed with a bottle that has anything other than water.
- Avoid constant sipping of liquid other than water.
- Provide healthy foods and limit sugary snacks.
- Visit a dental professional by age 1. The Health Unit can help eligible children and youth access no-cost dental programs.

Lift the baby's lip once a month to look at the teeth and check for early signs of decay.

## HEALTHY MOUTH AND GUMS



EARLY SIGNS OF DECAY - See your dental professional



Brown spots that don't rub off



## ADVANCED DECAY AND INFECTION



\* photo credit to Dr. Herenia P. Lawrence, Sioux Lookout Dental Program and Oral Health Services Tasmania