

Techniques For Protecting Your Baby's Teeth



1. Lift the lip

Babies change quickly, so it's important to lift your baby's lip and look for changes on your baby's teeth monthly. If you notice white or brown spots on the teeth, or anything unusual, phone your baby's dentist or ask your doctor.



6. No bottles in bed

Formula, milk, juice and breast milk cause cavities when left in your baby's mouth while sleeping. If you must give your baby a bottle in bed, fill it with plain water.



2. Take your baby to the dentist

All babies should have their teeth checked by a dentist or doctor by the first birthday. First dental visit by first birthday, unless otherwise recommended by your doctor or dentist.



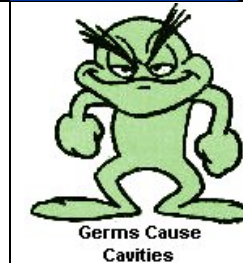
7. Wean from bottle to cup by one year

Begin offering a sippy cup at 6 months; wean from the bottle by age one.



3. Protect your baby's teeth with fluoride

Fluoride is a mineral that helps make teeth stronger and better able to fight cavities. Ask your baby's dentist or doctor about fluoride varnish applications. If your tap water is not fluoridated, check with your baby's doctor or dentist to see if your child will benefit from fluoride drops or tablets.



8. Don't share germs

Cavities are caused by bacteria. Bacteria are passed to babies through saliva. Avoid sharing toothbrushes with your baby. Regular brushing and dental care for you and your children can help lower the risk of spreading cavity-causing bacteria.



4. Brush daily

Clean your baby's teeth every morning, and at night before bed. Clean infant gums and first teeth with a moist cloth or small soft toothbrush. Lay your baby in your lap to make brushing easier.



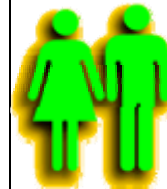
9. Help children brush up to age six

Pay attention to bedtime brushing and encourage brushing after breakfast as well.



5. Limit sugar

Bacteria that cause cavities feed on sugar. More sugar causes more cavities. Limit juice and save soda-pop for special occasions. Offer water at other times when your child is thirsty.



10. Take care of yourself

Your children learn by watching you. Brush and floss your teeth, make regular dental visits, and take good care of yourself.