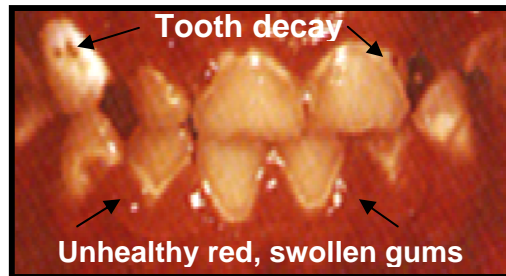


How Can You Check Baby's Teeth?

Each day when you clean your baby's teeth and gums:

- ✓ Lay baby's head on your lap and gently push back the lips.
- ✓ Look at the front and back of all upper teeth, then all lower teeth.
- ✓ If you see chalky white, brown or black spots on the teeth, take baby to the dentist.



What Should You Do?

Take your child to a dentist by **age 1**. To find a dentist:



- Ask your child's doctor for a referral
- Ask a friend, relative, or coworker
- If you have Medi-Cal, contact Denti-Cal at 1-800-322-6384 or www.denti-cal.ca.gov
- Contact the California Dental Association at 1-800-CDA-SMILE (232-7645) or www.cda.org/PublicResources/FindaDentist
- Contact Child Health & Disability Prevention (CHDP) Program at your health department www.dhcs.ca.gov/services/chdp

Need Help Finding a Dentist?
Call the San Francisco Women and
Children's Health Referral Line
1-800-300-9950

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Developed by California Child Health & Disability Prevention (CHDP) Program Oral Health Subcommittee
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Prevent Tooth Decay in Babies and Toddlers

Do you want this?

Tooth Decay



Unhealthy Child



OR

Do you want this?

Healthy Teeth and Gums



Healthy Child



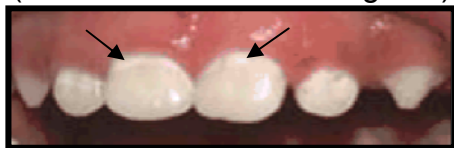
Baby Teeth Are Important!

- To Chew
- To Talk
- To Smile
- To Feel Good
- To Be Healthy
- To Save Room For Adult Teeth

What Is Tooth Decay (Cavities)?

It is a disease that is caused by germs in the mouth.

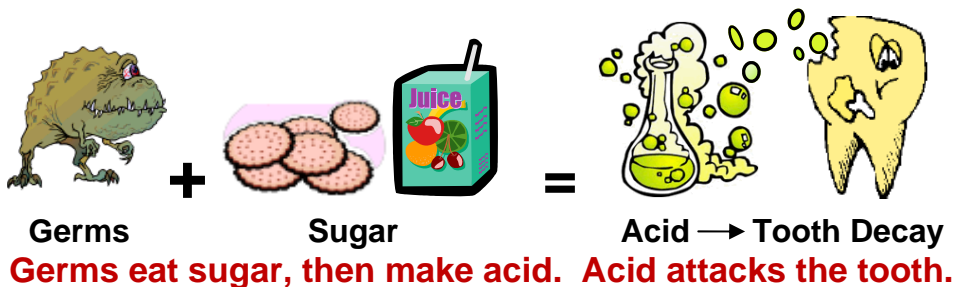
Can start when first tooth appears (white line on tooth near gums)



Leads to pain, infection and can destroy teeth



How Does Tooth Decay Happen?



GERMS

Tooth decay germs can be passed from your mouth to your child's mouth.

Do not share:

- Cups
- Straws
- Spoons/Forks
- Toothbrushes

Do not "clean" pacifier with your mouth.

SUGAR

When sugar stays on teeth, tooth decay can start, especially if your child:

- Falls asleep with the bottle
- Sips from a bottle or cup all day

Sugar hides in:

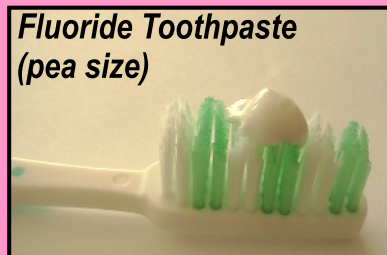
- Milk/Formula
- Cereal
- Juice
- Soda
- Sweet drinks
- Medicine
- Cookies, Crackers, Chips

What Can You Do To Protect Baby Teeth?

Take care of your own teeth:

- Brush morning and before bed and floss daily
- Visit your dentist twice a year
- Limit sweet, sticky foods, sodas and sugary drinks
- Chew sugarless gum with "xylitol" after meals/snacks

Fluoride Toothpaste (pea size)



Take care of baby's teeth:

- Put only breast milk or formula in bottle
- Stop bottle by age one



6 Months - Start Using a Cup



- Brush baby's teeth twice a day with a dab of fluoride toothpaste

Fluoride Toothpaste (rice grain size)



- Take baby to dentist by age one, then every 6 months
- Ask doctor about fluoride varnish and drops/tablets

