



Healthy Kids Need Healthy Teeth!



To Chew, Talk, Smile and Feel Good:



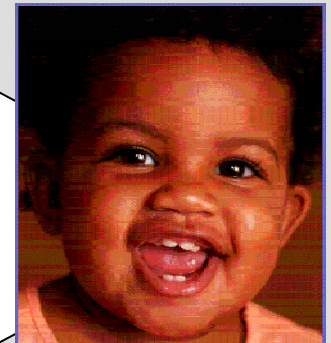
- **Brush baby's teeth**
Begin with the first tooth!
- **Never put baby to sleep with a bottle**
This causes Baby Bottle Tooth Decay
- Bring your child to the **Dentist**
by **Age One!**

Keep Your Baby Healthy



To prevent dental decay and too much weight gain:

- **Breastfeed** for best health
- **Offer a cup** at 6 months
- **Stop bottles at Age One!**
- Hold baby when feeding, **never prop a bottle**
- Only breast milk, formula (*or water after 6 mos.*) **No juice!**



Women and Children's Health Referral Line

1-800-300-9950

To Find a Dentist for Young Children

WIC **1-415-575-5788**

Healthy Food for Pregnant Women and Young Children

