

How Can You Check Baby's Teeth?

Check your baby's teeth each day when you clean their teeth and gums:

- Lay baby's head on your lap
- 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**.

If you don't have a dentist:



- Ask your child's doctor for a referral
- Ask a friend, relative, or coworker
- If you have Medi-Cal, call Denti-Cal at **1-800-322-6384**
- Call the California Dental Association at 1-800-CDA-SMILE (1-800-232-7645)
- Call your local Child Health and Disability Prevention (CHDP) Program at the county health department

Prevent Tooth Decay in Babies and Toddlers

Do you want this?

Tooth decay



Unhealthy child-Tooth infection



or

Do you want this?

Healthy teeth and gums



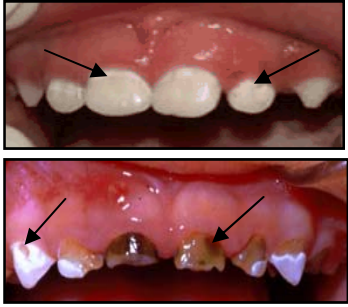
Healthy child - Healthy teeth



Baby Teeth Are Important

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

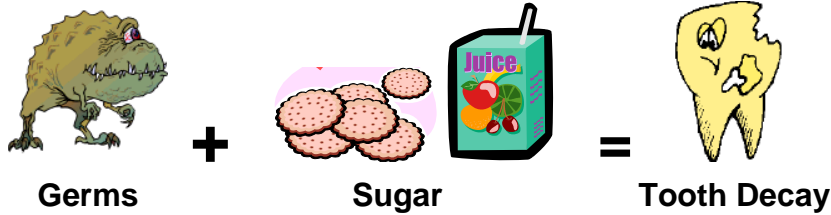
What Is Tooth Decay (Cavities)?



It is a disease that:

- Can destroy teeth
- Is caused by germs in the mouth
- Leads to pain and infection
- Can start as soon as the first tooth comes in (white line near gums)

How Does Tooth Decay Happen?



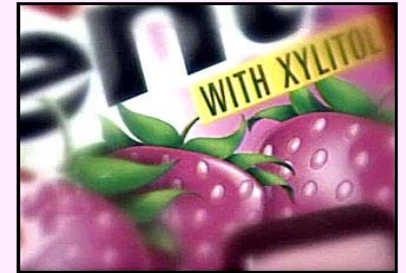
Germs eat sugar, which makes acid that causes tooth decay.

GERMS	SUGAR
<p>Tooth decay germs can be passed from your mouth to your child's mouth.</p> <p>Do not share:</p> <ul style="list-style-type: none"> • Cups • Straws • Spoons/Forks • Toothbrushes <p>Do not "clean" pacifier with your mouth.</p>	<p>When sugar stays on teeth, tooth decay can happen, especially if your child:</p> <ul style="list-style-type: none"> • Falls asleep with the bottle • Sips from a bottle or cup all day <p>Sugar hides in:</p> <ul style="list-style-type: none"> • 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 with fluoride toothpaste and floss daily
- Visit your dentist at least once a year
- Limit sweet sticky foods and drinks
- Chew sugarless gum with "xylitol" after meals/snacks



Take care of baby's teeth:

- Put only breast milk or formula in bottle
- Hold baby while feeding
- Put baby to bed without a bottle
- Brush teeth twice a day with a dot of fluoride toothpaste
- At 6 months, help baby drink from a cup
- Stop bottle feeding around 1st birthday
- Take baby to dentist by age one, then every 6-12 months
- Ask dentist or doctor about fluoride

