

BABY TEETH ARE IMPORTANT!

Here are some things you can do for your baby to have healthy teeth:

- ◆ Don't share utensils or lick their pacifier.
- ◆ Avoid giving them a bottle before naps or bed.
- ◆ Give juice only when able to use a cup. Not before 1 year of age. Limit to 4 oz. a day.
- ◆ Before teeth come in, wipe their mouth with a soft cloth.
- ◆ Start brushing 2 times a day as soon as teeth come in.
- ◆ Take them to the dentist by their first birthday.

Your child's first dental visit should be by age one to have healthy teeth for life.

ARE YOU PASSING
TOOTH DECAY
TO YOUR BABY?

A guide to oral health
for baby's first year



Information based on materials found at
<http://www.azdhs.gov>.

Did you know? *Babies are born with 20 baby teeth below their gums.*

GERMS + SUGAR = Tooth Decay

- ◆ **SUGARY FOODS** and **GERMS** on teeth can eat away at the tooth. This can create a hole called a cavity or tooth decay. A cavity can cause an infection.
- ◆ When you share toothbrushes with your baby, straws, forks, or lick their pacifier, you are sharing **germs** too. Babies are born without germs in their mouth.
- ◆ Sleeping with a bottle causes **cavities** to grow in your baby's mouth.

Other Ways to Prevent Tooth Decay:

- ◆ **Water with fluoride can protect teeth from tooth decay.** Fluoride is safe and found in most tap water. Check the label of bottled water to see if it has fluoride.
- ◆ **Only give a clean pacifier.** Do not dip in sugary liquid or in honey. Do not lick the pacifier.
- ◆ **Switch to a cup by age one.** Until then, only water, formula or breastmilk. If you give juice, not until after 1 year of age and only at mealtimes. No more than 4 oz. a day.



How to take care of baby's teeth:

Keep watch for teeth:

- ◆ First tooth at about 6 months old.
- ◆ Wipe mouth with a wet, clean cloth until teeth come.
- ◆ Brush teeth 2 times a day.

Go to the Dentist:

- ◆ First visit by first birthday.
- ◆ Parents should go too!

If you take care of your teeth, your baby is more likely to have healthy teeth too.

Check teeth and gums:

- ◆ Look at least once a month.
- ◆ Teeth should be all one color.

Brown or white spots can be signs of tooth decay. Ask a dentist to take a look.