

Remember:

- Adults can spread the germs that cause cavities. Do not put anything in your child's mouth if it has been in your mouth.
- Children should see a dentist by their first birthday.
- Brush your teeth and your child's teeth in the morning and right before bedtime with fluoride toothpaste.
- A child needs an adult's help in brushing their teeth until they are 8 years old.
- Limit how often your child has juice, sweet drinks and snacks.



It is important to make sure your child's teeth stay healthy!

If your child has Medi-Cal, Healthy Families or Healthy Kids insurance, they also have coverage for dental services.

Next steps to take care of your child's teeth.

Dental appointment

Date: _____

Dentist Name: _____

Phone number: _____

Apply fluoride varnish

Date: _____

For more information, please visit or call:

12345 first smiles
www.first5oralhealth.org

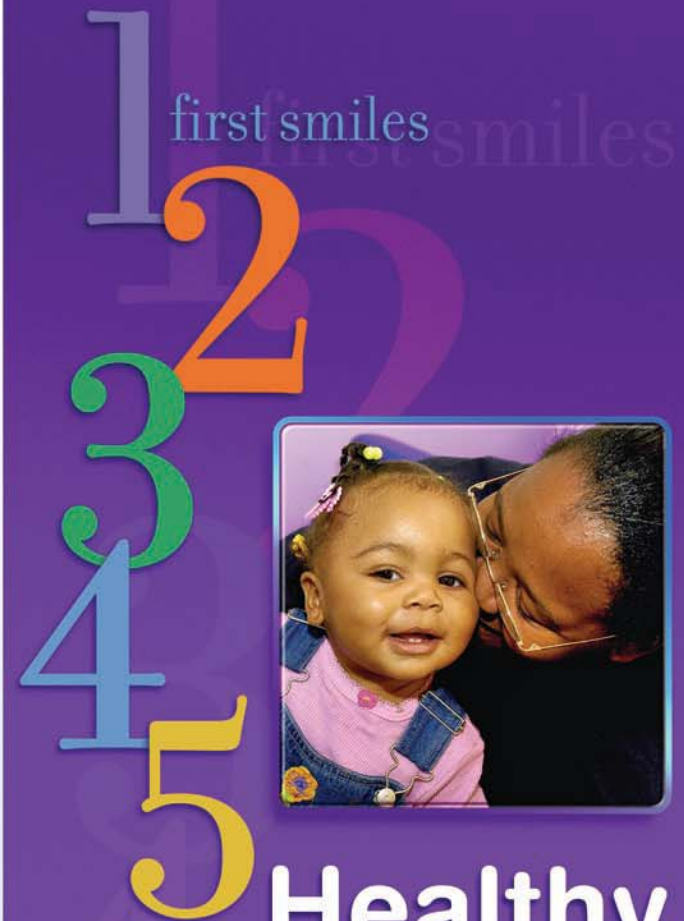


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Healthy teeth begin at birth

www.first5oralhealth.org

Baby teeth are very important.

Children need their teeth for smiling, talking and eating food. Moms, dads and other caregivers must help take care of teeth.

Things that you can do at home:

- Before your baby has teeth, wipe the gums gently with a clean wet cloth after each feeding. Don't put your baby to bed at naptime or at night with a bottle or sippy cup, unless it has only water in it.
- As soon as the first tooth appears, start brushing your baby's teeth with fluoride toothpaste in the morning and before bedtime. Fluoride is a mineral that protects the teeth.
- Put a small pea-sized dab of toothpaste across a small soft brush. Wipe off excess toothpaste until child can spit out.
- To avoid spreading the germs that can cause cavities, don't put anything in a child's mouth if it has been in your mouth. Don't share spoons, cups, toothbrushes, etc.
- Adults can chew sugar-free gum with xylitol in it right after eating to help prevent the spread of germs to their children.



Things that dental and medical providers can do:

Dentists, doctors, and other health care providers also take care of children's teeth.



- Take your baby to the dentist by their first birthday.
- Ask your child's doctor or dentist about putting fluoride varnish on your child's teeth. This is another great way to protect your child's teeth from cavities.
- You and your child should visit the dentist on a regular basis – as often as your dentist recommends. Parents' teeth are important too!

What your child eats and how often they eat affects their teeth.

- Soda, sweet drinks, candy, and other sweets can cause cavities that hurt.
- Snacks like cheese, yogurt, fruit and vegetables are better for your child's teeth than chips, crackers, or cereal.



- Adding an equal amount of water to fruit juice is recommended.
- After your child eats sweets, chips, crackers or juice, you should brush their teeth or rinse their teeth with water.