

Protect Baby Teeth!

Don't put juice, pop or sweet drinks in the bottle or sippy cup

Don't put baby to bed with a bottle or sippy cup

Introduce a cup around 6 months

Take baby off the bottle and sippy cup by 12–14 months



If you have questions about your baby's teeth please call your:

- Dentist
- Dental therapist
- Dental hygienist
- Doctor or nurse

Dental Services in Your Community:

Baby Teeth Are Important!



Protect Your Baby's Beautiful Smile



▶ **2 Months**

Prevent Early Childhood Tooth Decay

▶ Early Childhood Tooth Decay is Painful!

Often children with early childhood tooth decay have teeth removed because of pain and to prevent decay from affecting healthy teeth.



Advanced Early Childhood Tooth Decay

(www.ada.org/public/topics/decay_childhood)

This pain affects:

- Eating
- Sleeping
- Learning
- Behaviour

Removing baby teeth can cause problems like:

- Difficulty chewing food
- Trouble speaking
- Crooked adult teeth
- Problems with general health
- Feeling bad about self

Tooth Tips

- Breastfeed (breastfed babies need a vitamin D supplement)
- No juice, pop or other sweet drinks in bottle or sippy cup: use a regular cup
- Avoid using bedtime or naptime bottles
- Don't prop the bottle, hold baby to feed
- Don't let baby walk around with a bottle or sippy cup
- Wipe gums and brush baby teeth twice a day
- Serve healthy food and drinks
- Don't dip the soother in sweets
- Use a teething ring instead of teething biscuits



Brush Baby Teeth

- Brush baby teeth as soon as they come in
- Brush twice a day, especially before bed
- **Children from birth to 3 years of age:** ask your dental professional if your child is at risk for tooth decay*
 - *If child is at risk*, use a small amount (the size of a **grain of rice**) of fluoride toothpaste
 - *If child is not at risk*, only use water

A **rice grain-sized** amount of toothpaste



Picture derived from: http://www.cda-adc.ca/files/position_statements/Fluorides-English-2010-06-08.pdf

* A child may be at risk of early childhood tooth decay if the child: is living in an area with non-fluoridated water, has white chalky areas or cavities, has lots of sugary snacks/drinks between meals, teeth are not brushed daily, or caregiver has tooth decay.



Healthy Smile Happy Child Project.
Norway House Dental Therapy Program
January 2004. Revised May 2014.