

ORAL HEALTH

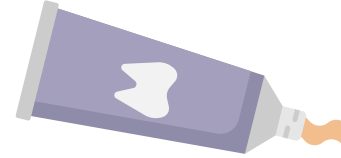
What Parents and Caregivers Can Do For Babies

- To remove germs and carbohydrates that might develop cavities, wipe gums with a soft, clean cloth twice a day: immediately after the first feeding in the morning and just before bed.
- When teeth come in, start brushing twice a day with a soft, small-bristled toothbrush and plain water.
- Visit the dentist by your baby's first birthday to spot signs of problems early.
- Talk to your dentist or doctor about putting fluoride varnish on your child's teeth as soon as the first tooth appears.
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Early Childhood Caries

- The term "baby bottle decay" also applies to early childhood caries.
- Encourage your child to drink from a cup as they get closer to their first birthday to avoid tooth rot caused by nursing or using a bottle.
- A bottle should not be used to put a child to sleep.
- After the first baby tooth starts to erupt, nighttime breastfeeding should be avoided since breast milk contains a lot of sugar.



For Children



- Brush their teeth twice a day with fluoride toothpaste.
- Drink tap water that contains fluoride.
- Ask your child's dentist to apply dental sealants when appropriate.
- Floss at night prior to bedtime.
- Visit a dental provider twice a year.
- Squeeze a small amount of toothpaste onto your toothbrush, about the size of a pea or the nail on your finger

Prevention for Children Includes :

- A diet high in sugar and starches (including carbohydrates!) may place your child at risk for tooth decay. These foods are safer for teeth if eaten with a meal and not as a snack.
- Sticky foods, such as fruit roll-ups, raisins, and gummy bears, tend to stick to the teeth and are not easily washed away by saliva, water, or other drink. These sticky foods have more potential to cause cavities.
- Choose fresh fruits, vegetables, or whole grain snacks.
- Don't put your child to sleep with a bottle of milk, formula, juice, or sweetened liquid or without brushing their teeth! Any un-swallowed liquid in the mouth supports bacteria that produce acids and attack the teeth. Putting your infant to bed with nothing more than a bottle of water will protect him/her from severe tooth decay.

