

HEALTHY SMILES are HAPPY SMILES!

A GUIDE TO
PRENATAL & CHILD
DENTAL HEALTH!



FOR ALL AGES:

- ✦ Cavities are preventable!
- ✦ Your baby's teeth are important for eating, smiling, speaking, good self esteem, healthy grown-up teeth and good general health
- ✦ Schedule regular dental visits for you and your baby by AGE ONE
- ✦ Cavity causing germs can be passed from caregiver to their babies. Avoid sharing with your baby anything that has been in your mouth.

PRENATAL:

- ✦ Your oral health directly affects your baby's oral and general health
- ✦ Obtain a dental exam and any needed dental treatment *before* your baby is born
- ✦ Dental treatment including dental radiographs are safe for pregnant women
- ✦ Floss and brush your teeth daily with fluoridated toothpaste
- ✦ Choose your baby's dentist

BIRTH TO SIX MONTHS:

- ✦ Schedule your baby's first dental visit by AGE ONE
- ✦ Clean your baby's gums and/or teeth every day with a wet wash cloth
- ✦ Do not put your baby to bed with anything but water in a bottle

SIX MONTHS - ONE YEAR:

- ✦ Schedule your baby's first dental visit by age one
- ✦ Clean your baby's gums and/or teeth every day with a wet wash cloth or a toothbrush
- ✦ Do not put your baby to bed with anything but water in a bottle
- ✦ Avoid nursing / bottle feeding more than every 3-4 hours
- ✦ Ask your dentist or baby's physician about fluoride supplementation to prevent cavities
- ✦ Check your baby's teeth daily for white and/or brown spots which can be the sign of early cavities
- ✦ Wean your baby to a cup by age one

ONE - THREE YEARS:

- ✦ Floss and brush your baby's teeth daily with a rice sized amount of fluoridated toothpaste
- ✦ Wean your baby to a cup by age one
- ✦ Do not put your baby to bed with anything but water in a bottle or sippy-cup and offer only water to drink between meals
- ✦ Avoid nursing / bottle feeding more than every 3-4 hours
- ✦ Ask your baby's dentist or physician about fluoride supplementation to prevent cavities
- ✦ Avoid sticky, sweet or starchy foods such as fruit snacks, dried fruit, graham crackers and apple juice. Instead choose non-cavity causing foods such as fresh fruits, vegetables and high-protein snacks such as cheese
- ✦ Check your baby's teeth daily for white and/or brown spots which can be the sign of early cavities

THREE - SIX YEARS:

- ✦ Floss and brush your child's teeth daily with a pea sized amount of fluoridated toothpaste until age 9
- ✦ Offer only water in a sippy-cup between meals
- ✦ Ask your child's dentist or physician about fluoride supplementation to prevent cavities
- ✦ Avoid sticky, sweet or starchy foods such as fruit snacks, dried fruit, graham crackers and apple juice. Instead choose non-cavity causing foods such as fresh fruits, vegetables and high-protein snacks such as cheese
- ✦ Check your child's teeth daily for white and brown spots that can be a sign of early cavities

SIX - TWELVE YEARS:

- ✦ Floss and brush your child's teeth daily with a pea sized amount of fluoridated toothpaste until age 9
- ✦ Ask your child's dentist about fluoride supplementation to prevent cavities
- ✦ Avoid sticky, sweet or starchy foods such as fruit snacks, dried fruit, graham crackers and apple juice. Instead choose non-cavity causing foods such as fresh fruits, vegetables and high-protein snacks such as cheese
- ✦ Ask your child's dentist about sealants to prevent cavities



White spots on teeth or bleeding gums can mean early cavities for your baby!

**HEALTHY SMILES
are
HAPPY SMILES!**

A GUIDE TO
PRENATAL & CHILD
DENTAL HEALTH!

