Keep Your Child's Teeth Healthy!

Help prevent tooth decay and cavities in children.

Do you know why children get cavities and tooth decay?
Tooth decay happens when bacteria in their mouths feeds on sugars in the food they eat. The bacteria makes acids, which eat away at the tooth enamel.

When children eat more sugar, they are more likely to have tooth decay.

Eating fewer foods with a lot of sugar, brushing and flossing, and visiting the dentist every 6 months will help keep your child's teeth healthy.

Start early by wiping your infant's teeth and gums with a soft cloth after bottle or breast.

Don't share mouth bacteria. Try not to kiss your baby on the mouth, and don't clean a pacifier with your mouth. Don't let children share pacifiers, spoons, or anything else that they put in their mouths.

Don't give your baby sugary drinks, such as a bottle or cup of juice or milk. Instead offer a drink of water at bedtime.

Teach your toddler how to brush. Provide help until he or she is old enough to do it properly—usually at about age 7.

Don't feed your child sugary foods. Help your child learn to eat healthy foods and develop good habits that will last a lifetime.

Take your child to the dentist before the first birthday, or sooner if he or she has teeth.

- Be sure to tell the dentist if your child takes medicine regularly, as some medicines can increase the risk of tooth decay.
- Talk to the dentist about using fluoride toothpaste or adding vitamins to your child's diet.

Give healthy snacks:

- Raw vegetables (carrots, celery, peppers)
- Raw fruit
- Nuts (for older children)
- Peanut butter or almond butter with low sugar crackers
- Yogurt

Limit sugar snacks:

- Cookies
- Crackers
- Candy
- Chips
- Dry cereals
- Fruit juice and soda

BRUSH AFTER EATING!