

TIPS AND TRICKS

A GUIDE FOR CHILD FROM AGE 1-3



Tooth decay is an infection. Bacteria and sugary food left in the baby's mouth can eat holes in the teeth called cavities.



You can pass bacteria on to your baby when you share food, utensils, toothbrushes and even when you lick the pacifier to clean it off!



Sugar is in many foods. Limit sweets, snack foods, and sweet drinks such as candy, cookies, pudding, chips, soda,



Brush your child's teeth with a soft toothbrush twice a day to remove food and bacteria.



Allow your child to use a cup instead of a bottle. The best drinks are water, milk and small amounts of juice per day.



Check your child's teeth and gums. Healthy teeth should be all one color.



Give your child water with fluoride. Fluoride is a safe and easy way to protect teeth from decay and heal early decay.



Feed your child healthy meals and snacks



Take care of your baby's mouth right from the start!

Bacteria + Sugar = Tooth Decay



Oral Health Kansas 2009
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