

TIPS AND TRICKS

A GUIDE FOR YOUR BABY'S FIRST YEAR



Your baby is born with 20 tiny teeth growing under the gums. You can't see them but they are there and so are the germs that cause tooth decay



Tooth decay is an infection caused by germs . These mix with food left in your baby's mouth causing cavities.



Cavities cause your baby pain, making it difficult to sleep, eat, grow, and smile.



Clean your baby's gums and teeth after feeding and at bedtime. Use a clean damp washcloth or child's soft toothbrush, and a tiny bit of children's toothpaste with fluoride.



Sugar is in many liquids, including breast milk, formula, baby food, juice and soda pop, as well as crackers, chips, cookies, and bread. Limit these to stop cavities.



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



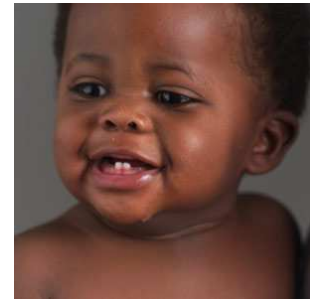
Never dip your baby's pacifier in anything sweet, such as honey and sugar.



Don't put your baby to sleep with a bottle. Try rocking, music and pats on the back.



Begin giving your baby milk and water in a cup when he or she can sit up. Wean your baby from the bottle by age one.



You Can Stop Cavities Before They Start!

Germs + Sugar = Cavities



Oral Health Kansas 2009
www.oralhealthkansas.org