

TIPS AND TRICKS

YOUR CHILDREN'S FIRST TEETH **ARE** IMPORTANT



Your children's primary or **first** teeth are as important as their permanent adult teeth



Healthy first teeth are necessary in helping your children learn how to speak properly



Healthy and nice looking teeth help your children feel good about themselves



First teeth hold a place for permanent teeth come in straight



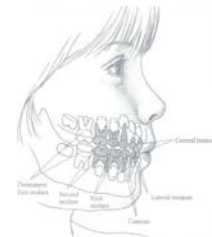
As soon as their first teeth appear, you can clean off germs by wiping or brushing their teeth in the morning and at night



Your children should not be put to bed at night or down at naptime with a bottle; use rocking, music and patting them on the back to help them sleep



Your children need to see a dentist by age one and then regularly to help prevent cavities



Moss, *Growing Up Cavity Free: A Parent's Guide to Prevention*, Quintessence Publishing Co., 1993



Save Your Children from Cavities

- Cavities are a disease, an infection in the teeth
- They cause toothaches, which are painful
- Cavities only get worse if left untreated
- Filling cavities is expensive
- Cavities cause bad breath



REMEMBER

Your children's **first** teeth are important parts of their bodies. Teeth are important for good health, happiness, success in school!

