KEEPING BABY TEETH HEALTHY

Why are baby teeth important?

Kids with cavities in their baby teeth are more likely to have cavities in their adult teeth.

To help chew healthy, crunchy foods.

To hold space in the mouth for permanent teeth that are growing under the gums.

When a tooth is lost too early, teeth can drift into the space and make it difficult for adult teeth to find room. This can cause crooked and crowded teeth.

Because cavities are painful!

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Ask your medical or dental provider about fluoride varnish, which can be painted on teeth to strengthen tooth enamel.
Fluoride

Fluoride reduces cavities by 25%.

Drinking tap water with fluoride strengthens teeth and prevents cavities.

Fluoride

What does fluoride do and why is it important?

When your child has teeth?

How do I care for my child’s teeth?

Before your baby has teeth?

When your baby’s first dental visit before their first birthday.

Schedule your baby’s first dental visit before their first birthday.

Breast-fed babies have healthier teeth.

Good oral care starts even before your baby gets their first tooth.

How can I help my baby have a healthy smile?

Never let your baby fall asleep with a bottle.

If your baby drinks a bottle, put only milk, formula, or water.

Breast is best. Breast-fed babies have healthier teeth.

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