

# You Can Keep Your Child's Smile Healthy!



Healthy Teeth



White Spot & Early Cavities



Advanced Cavities

## Dental Cavities

When you eat **sugary** foods, **bacteria** in the mouth turn the sugar into **acid**. The acid weakens the tooth and causes **white spots**. If you keep eating sugar, white spots turn into **cavities**. Cavities can lead to serious **infections**.

The more often you eat sugary foods the more likely cavities will form.

## Snacks

- **One** sugar free snack between meals
- No "grazing"!
- **Healthier snacks:** cheese, crackers fresh fruit, vegetables, plain cheerios, pretzels



## Bottles

- Hold your child when bottle feeding
- Only use **formula** or **breast milk** in bottles
- **No bottles in bed!**
- Stop using the bottle by 12 months

## Cups

- Introduce cup at 6-9 months
- Do not let your child carry around a bottle or sippy cup



- For children one year and older offer only milk or water between meals

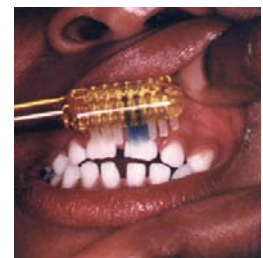
## Toothbrushing

- Start as soon as you see teeth!
- Small soft toothbrush
- Small smear of fluoride toothpaste
- Keep toothpaste out of child's reach



- Sit or stand behind your child when you brush
- Brush gums & teeth

- No food or drink after brushing at bedtime



**Your child's first dental visit should be by 12 months**