

BRIGHT & HEALTHY SMILES BEGIN AT BIRTH



BABY TEETH ARE IMPORTANT

Healthy teeth help baby learn to talk, eat healthy & fresh foods, smile and laugh. They also save space for bigger adult teeth to come in straight and healthy.

FIND A DENTIST FOR YOUR CHILD

- A child's first visit to the dentist should happen by or around their first birthday.
- Talk to your child's doctor about finding a dentist. Illinois' All Kids insurance program can help pay for the cost of visiting a dentist.

FLUORIDE VARNISH

Fluoride varnish is a dental treatment that can help prevent tooth decay, slow it down, or stop it from getting worse. Scan the QR code to learn more about fluoride varnish or visit [healthychildren.org](https://www.healthychildren.org).



Learn More

Ask your child's doctor or dentist about fluoride varnish for your child.



START TAKING CARE OF TEETH EARLY

- Before your baby has teeth, wipe their gums gently with a clean wet cloth after feedings and before they go to sleep.
- When their teeth come in, brush them with a soft toothbrush and toothpaste that has fluoride in it. Use only a smear of toothpaste, about the the size of a grain of rice.



- When your child can spit (around age three), use a pea size amount of toothpaste.



- Children need help brushing their teeth until around six years old.



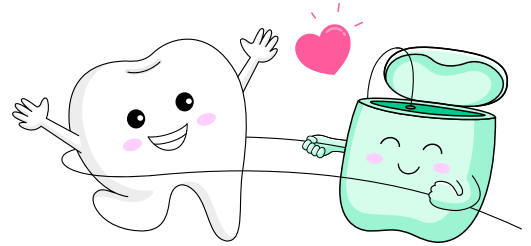
A project of the Illinois Chapter of
the American Academy of Pediatrics

*Turn over for more
important information*

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TAKE CARE OF YOUR TEETH TOO

Your children will do what you do! Show them good habits by brushing and flossing your teeth twice per day and visiting the dentist regularly.



HEALTHY DIET CAN HELP KEEP TEETH HEALTHY

- Do not put your baby to sleep with milk or juice in their bottle – only water.
- Soda, sweet drinks (including juice), candy and sticky foods can cause teeth to decay faster.
- Cheese, yogurt, fruits and vegetables, whole grains, healthy proteins and other fresh foods can help your child and their teeth be healthy.

PASSING GERMS THAT CAUSE TOOTH DECAY

Did You Know? Germs in your mouth that cause decay can be passed from you to your baby and give them tooth decay.

To help keep your child's teeth healthy, do not put anything in your child's mouth that has been in your mouth (cups, spoons, pacifiers, etc.). Rinse items with water instead.

EXAMINE YOUR CHILDREN'S TEETH

Tooth decay can spread very fast. Take time to look at your baby's teeth by lifting their upper lip and looking at the teeth near the gums. If you see bright white spots or brown spots take them to the dentist right away. This is the very beginning of tooth decay.