

I will do these things to help my baby's teeth.

- Avoid sharing food, forks, spoons, straws, toothbrushes or licking pacifiers so I don't pass cavity germs to my baby.
- Wipe my baby's teeth and gums after every feeding and especially before bed.
- Avoid sugar which is in many foods and beverages including soda, juice, sweet tea, baby food, formula and breast milk.
- Look for changes in tooth color. Healthy teeth should be all one color.
- Make dental visit for myself to get my mouth healthy.
- Be sure my baby has a dental checkup by age one.
- Avoid kissing baby on their mouth or hands; kissing on the cheeks is OK.

My baby's firsts:

First smile: _____

First tooth: _____

First drink from cup: _____

First dental visit: _____

Medicaid (for children age 0 to 20 years) and Florida Healthy Kids* (age 5 to 18 years old) covers dental care. For information on these programs, visit:

abca.myflorida.com/medicaid/ or 888-419-3456
floridakidcare.org/ or 888-540-5437

***FLORIDA HEALTHY KIDS IS AN INSURANCE PROGRAM WITH LOW PREMIUMS.**

Visit our website at:

<http://www.dob.state.fl.us/family/dental/index.html>



IF YOU ARE PREGNANT, ASK ABOUT ORAL CHECK UPS AND RESOURCES THROUGH YOUR LOCAL HEALTHY START PROGRAM.

Are You Passing **TOOTH DECAY** *To Your Baby?*

*Baby Teeth Are
Important!*



Tooth Decay is an Infection.



Protect Your Baby's Teeth In The First Year

Your baby is born with twenty little teeth growing under the gums. You can't see them. But they are there! You can't see germs either, but they are there too.

DID YOU KNOW? Germs + Sugar = Tooth Decay

- Tooth decay is an infection. Germs and sugary food left in a baby's mouth can eat holes in the teeth called cavities.
- Sugar is in many food and beverages including soda, juice, sweet tea, baby food, formula and breast milk.
- You pass germs on to your baby when you share food, forks, spoons, straws or toothbrushes. Licking a pacifier covers it with germs, also!

Take Care Of Your Baby's Mouth Right From The Start

- Clean your baby's gums and any teeth after feeding and at bedtime. Use a clean, damp washcloth or child's soft toothbrush. This will wipe away food and even germs. Do this even if you can't see the teeth yet.
- Avoid passing germs to your baby's mouth. Don't put food, forks, spoons, straws, toothbrushes or pacifiers in your mouth before giving it to your baby. Ask grandparents or daycare providers not to share germs, too.
- Visit the dentist to get your teeth and gums cleaned and any tooth decay treated. This will cut down on the germs in your mouth, leaving fewer germs to pass on to your baby.



Your Baby's First Tooth

- Look for your baby's first tooth at about 6 months.
- Look at your baby's gums and teeth at least once a month. Healthy teeth should be all one color. See a dentist if you see brown or white spots or stains on your baby's teeth.

What Else Can I Do To Help My Baby's Teeth?

- Don't dip your baby's pacifier in anything sweet, like sugar or honey.
- If you choose to put your baby to sleep with a bottle, be sure it is only filled with water.
- Remember to clean your baby's gums and teeth after they eat.
- Don't give your baby sweet drinks.
- Wean your baby from the bottle by 12-14 months of age.
- Use tooth wipes containing xylitol to remove harmful bacteria from your baby's mouth.
- Care givers can chew gum containing xylitol to reduce the germs in their mouths.