

# You Can Keep Your Child's Smile Healthy!



Healthy Teeth



Early Cavities



Advanced Cavities

## Dental Cavities

When you eat **sugary** foods, **bacteria** in the mouth turn the sugar into **acid**. The **acid eats holes** in **teeth** and makes **cavities**. Cavities can lead to serious **infections**.

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

## 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



- Offer only milk or water between meals

## Snacks

- **One** sugar free snack between meals
- No "grazing"!



- **Healthier snacks:** cheese, crackers, fresh fruit, vegetables, plain cheerios, pretzels

## Toothbrushing

- Start as soon as you see teeth!
- Small soft toothbrush
- Rice sized piece 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.

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

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A product of the STFM Group on Oral Health [www.stfm.org/oralhealth](http://www.stfm.org/oralhealth)

