



BABieS FIRST: Tooth, Brush & Visit

Prevent Tooth Decay!

- 1 . Clean baby's gums & tongue daily**
- 2. Brush baby's teeth daily**
- 3. Only milk or water in bottle**
- 4. Visit the dentist by 1 year of age**
- 5. Be a positive role model**

Sponsored by:
Idaho Chapter of the American Academy of Pediatrics
Early Childhood Coordinating Council
Department of Health & Welfare
Idaho Oral Health Program
Department of Health & Human Services, Maternal Child Health



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Did You Know?

- Growing healthy teeth begins before birth.
- Breast milk is the best food for babies. Avoid sugary drinks or dipping pacifiers in honey or sugar water.
- Bacteria that causes dental cavities can be passed by sharing spoons and kissing on the mouth.
- Untreated tooth decay may cause serious health problems.
- Most dental insurance companies and Medicaid cover a visit to the dentist before the first birthday. **Call your dental insurance company to verify coverage.**

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BABIES need healthy teeth and gums for talking, chewing and smiling. Here are some things you can do to help your child stay cavity free.

What you can do:

Wipe your baby's gums with a soft, clean wash cloth or sterile gauze pad after drinking milk and eating food.

BRUSH your baby's teeth as soon as the **FIRST TOOTH** comes in. With a soft baby toothbrush, start at the gums using back and forth strokes on all areas of the tooth. Brush at least twice per day (morning and night). Brush away all signs of food and film on each tooth.

HINT: Lay your baby across your lap, make eye contact, smile, and tell baby what you are doing.

Contact your baby's doctor or dentist if she has unusual spots in her mouth or on her teeth.

Schedule your baby's FIRST dental VISIT by one year of age!



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