

## 5 Ways to Keep Your Mouth Healthy for Your Baby:

1. Brush your teeth twice daily (morning and night) with fluoride toothpaste.
2. Floss daily.
3. Limit your intake of high sugar food and beverages, including soda, sports drinks.
4. Have any tooth decay treated right away.
5. Go to the dentist regularly -- about once every 6 months as recommended by you dentist.

The better your oral health is, the better your child's oral health will be. Babies do not have the germs that cause tooth decay when they are born and must get them from parents and other intimate caregivers.

Keeping your mouth healthy leaves fewer germs to pass to your baby.

For more info about proper pediatric dental care, visit [www.AZSmiles.org](http://www.AZSmiles.org).

## 7 Things Parents Can Do for Their Baby's Oral Health:

1. Never allow your baby to sleep with a bottle or sippy cup containing anything other than water. Tooth decay occurs when milk, formula, fruit juices or sweet liquids are left clinging to baby's teeth, providing a source of food to decay-causing germs.
2. Do not share spoons, pacifiers, or cups with your baby to avoid passing on any cavity-causing germs from your mouth.
3. Do not give your baby soda or sports drinks and limit fruit juices
4. Starting at birth, clean your baby's gums using water and a clean, damp, soft washcloth or infant toothbrush.
5. Brush your baby's teeth twice daily as soon as they come in and floss between them daily as soon as they start to touch.
6. Check your baby's teeth once a month for white or dark spots. If white or dark spots appear, see a dentist.
7. Take your baby to a dentist for a preventive check up no later than the first birthday and take them once every 6 months after that.

Your child's baby teeth are very important. Not only do they help them speak clearly, chew naturally, and have a good-looking smile, they also aid in guiding permanent teeth into place. If there is tooth decay in baby teeth, it can easily affect adult teeth when the child grows.

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