Parents should check baby’s teeth once a month to look for the first signs of tooth decay.

**STAGE 1**
Healthy Teeth

**STAGE 2**
Whitish lines along the gum line could mean the beginning of tooth decay

**STAGE 3**
Brown areas or decayed spots along gum line.
Babies can get cavities as soon as teeth erupt. Help keep your baby’s teeth healthy:

• Clean baby’s teeth twice daily with a smear of fluoride toothpaste.

• Visit a dentist by age one.

• Use only plain water in a sleeptime bottle.

• Avoid constant sipping from a bottle or a training (sippy)-cup during the daytime- it can cause cavities!

• Wean from the bottle by age 12-14 months.

• Lift the lip once a month to check for signs of early tooth decay.

For more information, ask your dentist, or call the Northern Interior Health Unit - Dental Health Programs Prince George (250) 565-7445 or Quesnel (250) 991-7571.

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