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:

- Brush baby’s teeth twice daily with a grain of rice-sized amount of fluoride toothpaste.
- Have baby’s teeth checked by a dental professional by age one.
- Never put baby to bed with a bottle containing anything other than plain water.
- Don’t let your baby constantly sip milk or juice from a bottle or a sippy-cup during the daytime – it can cause cavities!
- Wean from the bottle by age 12 months.
- Lift the lip once a month to look at the teeth and check for early cavities.
- Does your child need fluoride varnish? Ask your COHI team.

For more information, contact your local dental therapist, dental hygienist, COHI Aide or dentist.