



Preventing Early Childhood Tooth Decay

Does Your Child Need Fluoride Varnish?



The answer is "YES" if:

- ✓ you or your children have had cavities
- ✓ your child sleeps with a bottle containing liquids other than water
- ✓ your child's teeth are not cleaned daily by an adult
- ✓ your family does not visit or have access to a dental professional
- ✓ your child has special health care needs
- ✓ your child's teeth look like any of the teeth in these photos below

CHECK your child's teeth

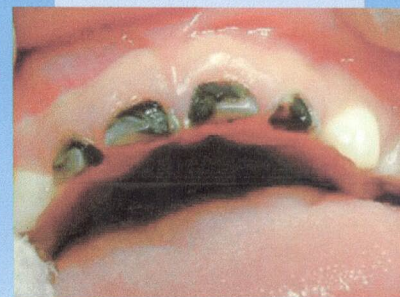
Early Decay



Moderate Decay



Severe Decay





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Your health and
safety... our priority.

Votre santé et votre
sécurité... notre priorité.

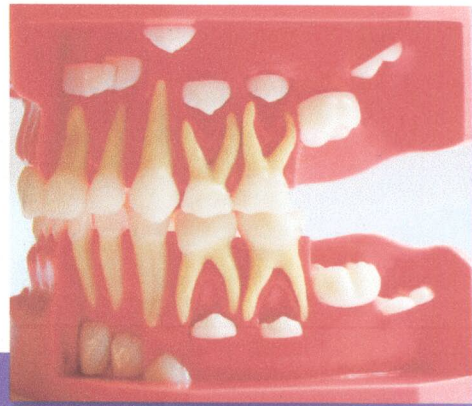
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Did you know?

Baby Teeth Are Important For...

- chewing
- talking
- saving room for adult teeth
- facial growth
- self-esteem



Children do not lose their baby molars until 11 -12 years of age



Babies get the bacteria that causes tooth decay from their mothers (or main caregivers)

▶ Tooth decay is a **bacterial infection!**



Early childhood tooth decay is **preventable**

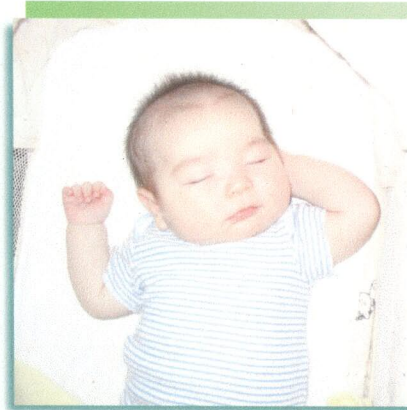
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Preventing Early Childhood Tooth Decay Needs To Begin Early

Clean baby's gums daily with a cloth



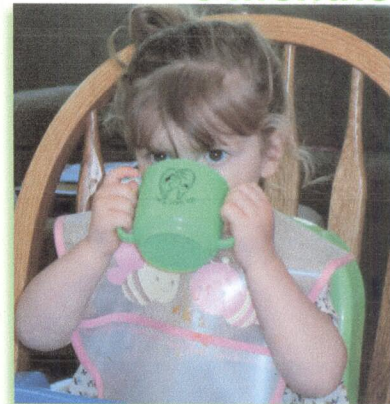
Remember ONLY WATER in sleeptime bottles

Start brushing twice daily as soon as the first tooth appears

(Ask your dental professional about fluoride toothpaste)



Start teaching baby to drink from a cup at 6 months



Help your child brush until 8 years of age

Avoid sugary drinks and treats

Offer a variety of healthy foods at meal and snack times

