

Tooth Tips

- Brush baby's teeth
- Don't allow constant sipping from a bottle or sippy cup
- Wean to a regular cup by 12-14 months
- Give healthy food and snacks
- Limit juice and pop
- Help your kids brush until they are 8 years old
- Don't use food to comfort your child
- See the dentist for a check-up by his or her 1st birthday



First Dental Visit by 1st Birthday

Dentally Appropriate Healthy Snacks

- Cheese & crackers
- Milk
- Yogurt
- Fruit & vegetables
- Bannock/whole grain bread
- Ham, beef or chicken sandwich
- Unsweetened applesauce
- Non-sugar coated cereal
- Unsweetened rice cakes
- Hard boiled egg*

CAUTION: Some of these foods may be a choking or allergy* hazard for young children. Texture of foods may need to be changed for younger children (ie-cook and grate or slice hard raw vegetables and fruit, cut grapes in half, grate cheese, etc). Check with a physician, nurse or nutritionist if you are unsure.



If you have questions about your baby's teeth please call your:

- Dentist
- Dental therapist
- Dental hygienist
- Doctor or nurse



Healthy Smile Happy Child



▶ 1 Year

Prevent Early Childhood Tooth Decay

▶ Toothpaste Tips

Start using a very small smear of fluoride toothpaste at one year (1/8 size of a pea).



Too much toothpaste can cause permanent spots on adult teeth.

Adults should put the toothpaste on the toothbrush for young children.

Teach your child to spit out toothpaste after brushing.

Put toothpaste away in a safe place after brushing. Some children like the taste of toothpaste.

Look for a brand of toothpaste that says "Recognized by the Canadian Dental Association".

Lift the Lip!



Check your child's teeth at least once a month for signs of decay.

Lift the top lip and look along the gumline. Decay often starts there.

Check behind the top front teeth using a dental mirror (available at most drugstores).

Decay looks like white, brown or discolored areas on the teeth, often along the gum line.



Whitish lines along the gum line.




Brown areas or decayed spots along gum line.

Pictures:
www.calgaryhealthregion.ca/hecomm/oral/liftlip.htm

How Much Toothpaste?



-  Age 1-2 (slight smear —)
-  Age 3-5 (1/2 of pea-size ●)
-  Age 6+ (pea-sized amount ●)

Pictures:
www.calgaryhealthregion.ca/hecomm/oral/fltoothpaste.htm



Healthy Smile Happy Child Project
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