

## 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
- 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



**Baby Teeth Are Important!**

## Healthy Smile Happy Child



**▶ 1 Year**

Prevent Early Childhood Tooth Decay

# ▶ Toothpaste Tips

- ▶ Look for a brand of toothpaste that says "Recognized by the Canadian Dental Association".
- ▶ Adults should put toothpaste on 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.
- ▶ Too much toothpaste can cause permanent discolored spots on adult teeth.



More is **NOT** better!

## 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 gum line.

Check behind the top front teeth using a dental mirror (available at 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



Severe Decay or broken tooth enamel. Visit dental team right away.

Pictures: [www.calgaryhealthregion.ca/hecomm/oral/liftlip.htm](http://www.calgaryhealthregion.ca/hecomm/oral/liftlip.htm)

## How Much Toothpaste?

- Children from birth to 3 years of age: ask your dental professional if your child is at risk for tooth decay\*
  - If child is at risk, use a small amount (the size of a **grain of rice**) of fluoride toothpaste
  - If child is not at risk, only use water

A **rice grain-sized** amount of toothpaste



Picture derived from: [http://www.cda-adc.ca/\\_files/position\\_statements/Fluorides-English-2010-06-08.pdf](http://www.cda-adc.ca/_files/position_statements/Fluorides-English-2010-06-08.pdf)

\* A child may be at risk of early childhood tooth decay if the child: is living in an area with non-fluoridated water, has white chalky areas or cavities, has lots of sugary snacks/drinks between meals, teeth are not brushed daily, or caregiver has tooth decay.



Healthy Smile Happy Child Project  
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