

Protect Baby Teeth!

Don't put juice, pop or sweet drinks in the bottle or sippy cup

Don't put baby to bed with a bottle or sippy cup

Introduce a cup around 6 months

Take baby off the bottle and sippy cup by 12–14 months



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

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



Healthy Smile Happy Child Project
Norway House Dental Therapy Program
January 2004



Protect Your Baby's Beautiful Smile



▶ 2 Months

Prevent Early Childhood Tooth Decay

▶ **Early Childhood Tooth Decay is Painful!**

Often children with early childhood tooth decay have teeth removed because of pain and to prevent decay from affecting healthy teeth.



Advanced Early Childhood Tooth Decay

([www.ada.org/public/
topics/decay_childhood](http://www.ada.org/public/topics/decay_childhood))

This pain affects:

- Eating
- Sleeping
- Learning
- Behaviour

**Removing baby teeth can cause
problems like:**

- Difficulty chewing food
- Trouble speaking
- Crooked adult teeth
- Problems with general health
- Feeling bad about self

Tooth Tips

- Breastfeed (breastfed babies need a vitamin D supplement)
- No juice, pop or other sweet drinks in bottle or sippy cup
- Avoid using bedtime or naptime bottles
- Don't prop the bottle, hold baby to feed
- Don't let baby walk around with a bottle or sippy cup
- Wipe gums and brush baby teeth twice a day
- Serve healthy food and drinks
- Don't dip the soother in sweets
- Use a teething ring instead of teething biscuits



Brush Baby Teeth

Brush baby
teeth as soon
as they come in.



Brush twice a
day, especially before bed.

Do not use toothpaste until baby's
1st birthday; use water only



Healthy Smile Happy Child Project
Norway House Dental Therapy Program
January 2004

