



health information

Young children can get cavities as soon as teeth erupt. To help keep your child's baby teeth healthy:



- Clean child's mouth and teeth every day.
- Visit a dental office by first birthday.
- Never put a child to bed with a bottle
- Avoid constant sipping from a bottle or no-spill cup during the daytime – it can cause cavities!
- Reduce the risk of passing cavity-causing germs from caregiver to child, by keeping your own mouth healthy and clean
- Wean child from bottle by age 12-14 months
- Lift the lip once a month to look at the teeth and check for early cavities.

For more information, ask your dental professional, call Healthy Smile Happy Child at (204) 789-3500, email at HSHCinfo@mich.ca or visit http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php

September 2013

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This material is for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, speak with your doctor or appropriate health care provider.



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Stages of Early Childhood Tooth Decay

Check your child's teeth once a month for the first signs of tooth decay.



Healthy Teeth

Continue daily brushing and flossing. Visit dental office by first birthday.



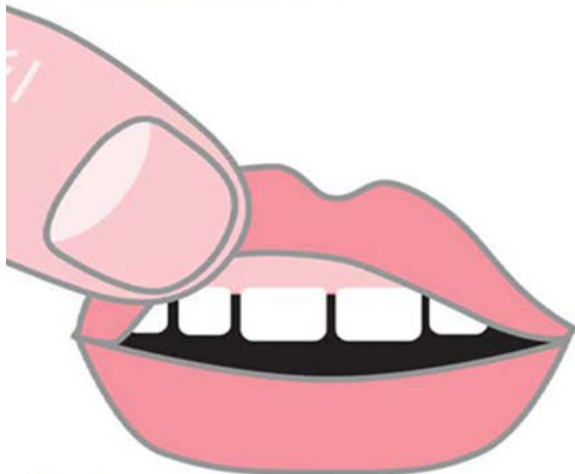
Whitish lines along the gum line could be tooth decay starting. Visit dental office as soon as possible.



Brown areas or decayed spots (cavities) along gum line. Visit dentist right away.



Severe Decay or broken tooth enamel. Visit dentist right away.



Alberta Health Services

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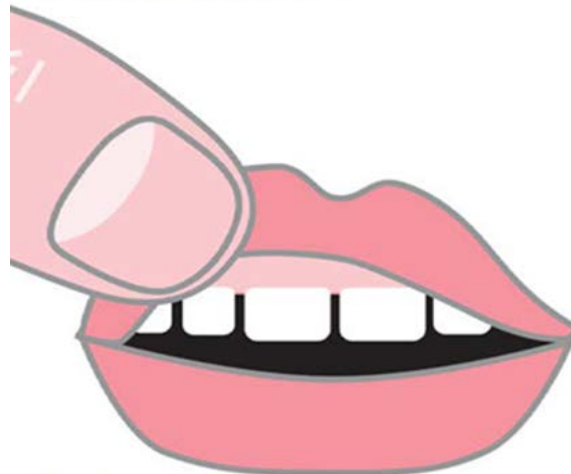
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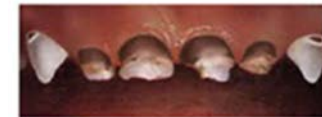
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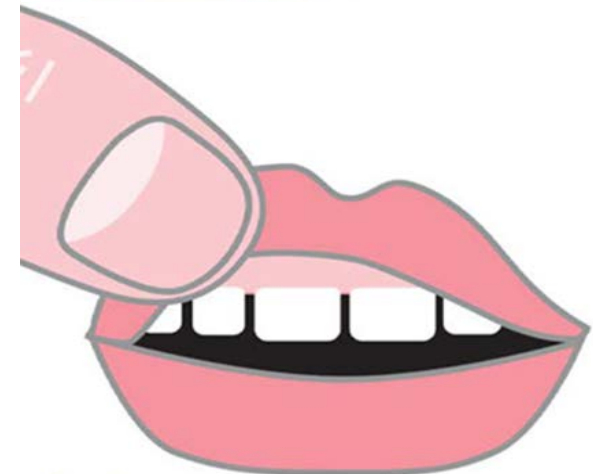
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