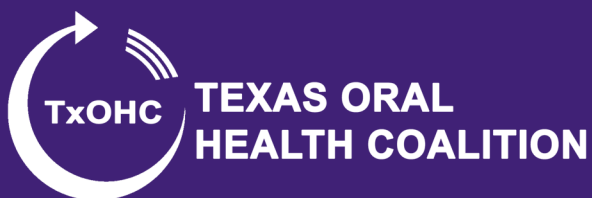


The Texas Tooth Steps Program

Your Baby's Oral Health



is the
First Step
Towards Total Health!





Sweet Dreams Do Not Require Sweet Drinks

Never put your baby to bed with a bottle containing anything other than plain water.

Do not let your baby sleep with milk in the bottle; infants should be removed from the breast when they finish feeding.

Never put sugary or sports drinks in a bottle or sippy cup.

Breast milk, formula, juice and other sugary drinks have sugars that stay on the teeth and can lead to tooth decay.



Fruit Juice Recommendations

Children under 12 months = zero

1-3 years = max 4 oz. / day

4-6 years = max 4-6 oz. / day

7-18 years = limit to 8 oz. / day

A Spoonful of Sugar May do More Harm Than Help the Medicine go Down!



Adding flavoring to medication is a common practice to make the medicine easier to take, but just like any other sugary liquid which is left on the teeth and gums after drinking, early childhood cavities can result.



Remember: Clean your baby's teeth after giving any medication.



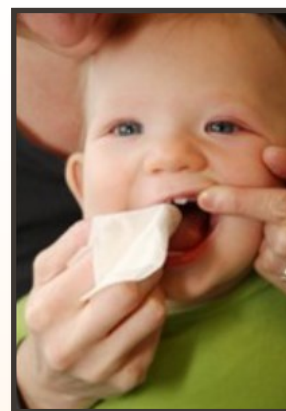
Letting your baby sleep with a bottle can lead to tooth decay!



CLEANING YOUR BABY'S MOUTH

Clean your baby's gums with a clean damp cloth after each feeding.

When you see the first tooth, start brushing with an infant's soft-bristled toothbrush and fluoride toothpaste.



Use a smear for children under age 3.



Use a pea-size for children 3 to 6.

VISIT THE DENTIST BY YOUR FIRST BIRTHDAY

Children should visit the dentist by age one.

The dentist will check to see if everything is normal and to look for areas of early tooth decay or cavities.



This is also a time for the dentist to answer your questions about your child's teeth.

Baby teeth are important because they hold a place for the permanent teeth.



Healthy baby teeth help your child chew food, talk clearly and have a good self image.

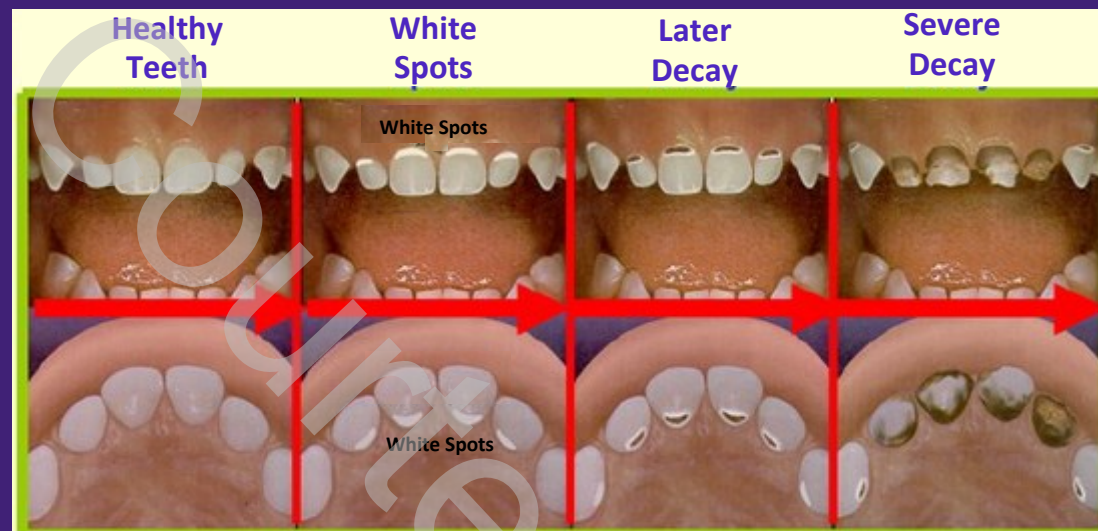


DO NOT SHARE!

Do not share spoons or forks with your child.

Do not clean pacifiers or bottle nipples with your spit or saliva.





If you see
white spots today,
see your dentist
right away!



An Ounce of "Dental" Prevention is Worth a Lifetime of Smiles!

It is recommended that you protect your baby's teeth with fluoridated water. If you use bottled water, ensure it has fluoride by checking the label.

Feed your baby healthy food such as fruits and vegetables-NOT candy and cookies.

Children need their parent or caregiver to brush their teeth until they are 7-8 years old.



Always Care for Your Baby's Teeth and Gums!

Build a Healthy Nighttime Routine!

1. Brush
2. Book
3. Bed



Please don't forget to brush
my teeth twice a day!

Brush, Book, Bed, a program of the American Academy of Pediatrics (AAP), has a simple and clear message for parents:

1. Each night, help your children to brush their teeth.
2. Read a favorite book (or two)!
3. Get to bed at a regular time each night.

Having a predictable nighttime routine will help them understand and learn to expect what comes next. Additionally, routines may ease the stress that some families experience at nighttime.