

Parents should check baby's teeth once a month to look for the first signs of tooth decay.



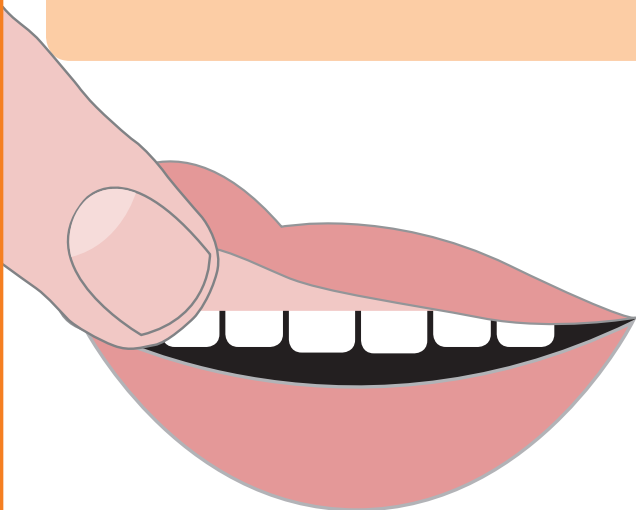
STAGE 1:
HEALTHY Teeth.



STAGE 2:
WHITISH LINES along the gum line could mean the beginning of tooth decay.



STAGE 3:
BROWN AREAS or decayed spots along gum line.



... To Check Baby's Teeth

Lift the Lip

Children's Oral Health Initiative (COHI)

First Nations Health Authority
Health through Wellness



Babies can get cavities as soon as teeth erupt. Help keep your baby's teeth healthy:



- Brush baby's teeth twice daily with a grain of rice-sized amount of fluoride toothpaste.
- Have baby's teeth checked by a dental professional by age one.
- Never put baby to bed with a bottle containing anything other than plain water.
- Don't let your baby constantly sip milk or juice from a bottle or a sippy-cup during the daytime – it can cause cavities!
- Wean from the bottle by age 12 months.
- Lift the lip once a month to look at the teeth and check for early cavities.
- Does your child need fluoride varnish? Ask your COHI team.



For more information, contact your local dental therapist, dental hygienist, COHI Aide or dentist.