



First Nations Health Authority
Health through wellness

Children's Oral Health Initiative (COHI)

Protect Your Baby's Teeth



It is up to you to protect your baby's smile

- Brush your baby's teeth twice every day (baby needs you to brush).
- Do NOT put baby to bed with a bottle containing anything other than water or allow baby to nurse all night.
- At snack time, offer healthy foods and water for thirst.
- Offer fruit instead of juice.
- Visit the dentist by age 1.

Baby teeth are important

- Jaw development – chewing stimulates proper jaw growth.
- Chewing – food broken down makes digestion easier.
- Speech Development – properly aligned teeth help with speech.
- Spacing – baby teeth guide adult teeth into proper position.

These are important reasons to keep baby teeth healthy until they fall out naturally.



**DID YOU
KNOW?**

Children will not lose their baby molars until 11 or 12 years of age.