

Baby teeth are important.

Prevent cavities to protect your child's health and smile.

Cavities can be painful and make it hard for your child to eat, sleep, talk and learn. Cavities in baby teeth often lead to cavities in permanent teeth.



Apple Health (Medicaid) covers dental care.

Call the Family Health Hotline at 1-800-322-2588 or visit WithinReach.org to learn about free or low-cost dental care for children.

"Good health must include good oral health. Preventing cavities early will lead to a lifetime of better health for your child."



Dr. Wendy Sue Swanson
Seattle Mama Doc
Seattle Children's Hospital

Visit TheMightyMouth.org for more tips on preventing cavities.

THE
MIGHTY MOUTH

WCAAP

The Washington Chapter of the
AMERICAN ACADEMY OF PEDIATRICS

ARCORA

The Foundation of
Delta Dental of Washington

Baby Teeth Matter



Your child is
healthier with
a healthy mouth.

Here's how to protect that beautiful smile.



Take your child for an oral health checkup at least annually.

- Ask your dentist or physician about fluoride (*floor-eyed*) varnish to prevent and even reverse early decay. Fluoride is a mineral that strengthens teeth and prevents cavities.



Brush twice a day. Clean between teeth daily.

- Use a rice-size amount of fluoride toothpaste until your child is 3 (or can spit), then a pea-size amount.
- Help your child brush their teeth twice a day. Always brush at bedtime.
- As soon as the sides of teeth touch together begin cleaning between the teeth using a tiny brush or floss. This helps remove food and germs that brushing can't reach.



Choose tooth-healthy snacks and drinks.

- Choose snacks such as cheese, nuts, fresh fruits and vegetables. Starchy, sugary foods like crackers and fruit snacks stick to teeth and cause cavities.
- Choose water for thirst. Water is the healthiest choice and helps clean teeth. Fluoridated water is best.
- Juice, soda and sports drinks have lots of sugar, which causes cavities and can lead to obesity and diabetes.



Set a good example. Take care of your own teeth.

- Brush twice daily, floss and get regular dental care.



What
causes
cavities?



Germs

+



Food

+



Time on teeth

=

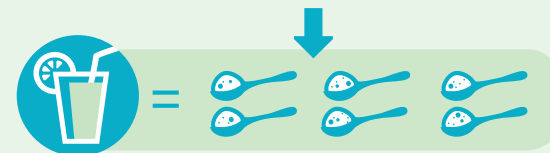


Cavities



Did you know...?

- After we eat, the germs in our mouths make acid that attacks teeth for 20-40 minutes. These acid attacks cause cavities.
- Frequent snacking is bad for teeth. It's better to eat a snack all at once rather than nibbling throughout the day.
- The less time food and drinks (other than water) spend on teeth the better.
- A small glass of 100% juice contains more than 6 teaspoons of sugar.



That's as much as 8 small chocolate chip cookies.