

Tooth Tips

BRUSHING AND TOOTHPASTE

Brush baby's teeth **twice a day** as soon as they come in

Adults should always put toothpaste on the toothbrush for young children

Help your child brush until they are **8 years old**

Look for toothpaste that contains **Fluoride**

Fluoride helps keep teeth strong and helps **prevent tooth decay**

HOW MUCH TOOTHPASTE?



0-3 years
*Rice grain-sized
amount*



3+ years
*Pea-sized
amount*

About Us

Healthy Smile Happy Child was **founded in 2000** in response to the high rates of early childhood tooth decay and excessive demand and wait times for children's dental surgery under general anesthesia

Our goal is to **prevent early childhood tooth decay** and **promote good oral health**

We are guided by three fundamental principles: (1) **relationship building and community development**, (2) **oral health promotion**, and (3) **research and development**

WANT MORE INFORMATION AND RESOURCES?

CONTACT US

(204)789-3500
hshcinfo@chrim.ca



umanitoba.ca/dentistry/healthy-smile-happy-child



Healthy Smile Happy Child



DENTAL HEALTH AT 1 YEAR OLD

Healthy smiles start at home



2022

Feeding Tips

Wean your child to an open cup by **12-14 months** of age

Serve milk or water at mealtime

Avoid sugary drinks like juice and pop

Serve **plain water** in between meals

TOOTH-FRIENDLY SNACKS

Cheese

Milk

Yogurt

Fruit & soft-cooked vegetables

Bannock or whole grain bread

Unsweetened cereals

Eggs

Nuts



Lift the Lip

You can check your child's teeth for tooth decay at home

Once a month, lift your child's top lip to check for signs of **tooth decay along the gumline**

Learn how to **Lift the Lip** with our video on the **Healthy Smile Happy Child YouTube** channel

STAGES OF DECAY

CHALKY WHITE SPOTS



BROWN AREAS, CAVITIES



SEVERE DECAY, BROKEN TEETH



Images courtesy of Dr. Robert Schroth

Dental Visits



Celebrate your **baby's first birthday** with a visit to the dental office

Bring your child for a check-up within **6 months after their first tooth appears** or by the **1st birthday**

Check if your dental office participates in the Manitoba Dental Association's **Free First Visit** program to get a free dental check-up for children under 3 years

