# **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



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



# **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

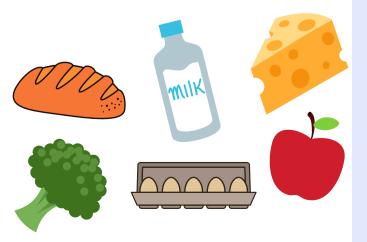
Serve plain water in between meals

#### **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

