

Think About Your Baby's Teeth

prevent early childhood tooth decay
sweet drinks are not meant for sippy cups and bottles



You Can Prevent Early Childhood Tooth Decay

- Breastfeed
- Brush baby teeth whether breastfeeding or bottle-feeding
- Wipe gums daily from birth and then brush teeth twice daily
- Plain water only in bedtime bottle or sippy cup
- Avoid constant sipping of sweet drinks between meals *
- Stop using bottle and sippy cup by 14 months
- Take special care of your teeth during pregnancy
- Severe early childhood tooth decay can affect your baby's health

* Every sip of a sweet drink causes teeth to be attacked by cavity-causing bacteria for 20 minutes.

** Sugar content in 1 cup (8 ounces)



*Brush
Baby Teeth*

Healthy Smile Happy Child Project 2004 (The Manitoba Collaborative Project for the Prevention of Early Childhood Tooth Decay)
Special thanks to Roseau River First Nation Community for their contribution

For more information about early childhood tooth decay contact your local dentist, dental therapist/hygienist, physician, nurse or the Manitoba Dental Association.

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