



## PREVENTING DECAY IN BABY TEETH

The First Early Intervention Program recommends following the American Dental Association's guidelines for healthy teeth for your child, including...

- ✓ Once your child's first tooth comes in, be sure to brush their teeth 2 times per day, 2 minutes each time. Children under 3 years old, should use a smear or grain-of-rice sized amount of fluoride toothpaste.
- ✓ Plan a dental visit by their first birthday.
- ✓ Never dip a pacifier or nipple of a bottle in anything sweet.
- ✓ Don't give your baby fruit juice until after they turn 1 year old.
- ✓ Limit sugary liquids (including juice drinks).
- ✓ Never put your child to bed with a bottle or training cup.
- ✓ Provide healthy snacks for your toddler.

For more information about taking care of your child's mouth and teeth, visit [MouthHealthy.org](http://MouthHealthy.org), the ADA's website just for patients.