

Your child's dental visit is a great time to ask questions! Some questions you might ask are:

- ◆ Am I brushing my child's teeth the right way?
- ◆ Is my child getting enough fluoride?
- ◆ What color should my child's teeth be?

Your dentist will want to know:

- ◆ When your child stopped using a bottle.
- ◆ What does your child like to eat or drink.
- ◆ How often you brush and floss your child's teeth.

Remember: Your child's first dental visit should be by age 1 to have healthy teeth for life.

ARE YOU PASSING TOOTH DECAY TO YOUR CHILD?

**A guide to oral health for children,
ages 1 to 3**



Information based on materials found at
<http://www.azdhs.gov>.

Did you know?

GERMS + SUGAR = Tooth Decay

SUGARY FOODS and GERMS on teeth can eat away at the tooth. This can create a hole called a cavity or tooth decay. A cavity can cause an infection.

When you share food, straws, forks, or toothbrushes with your child, you are sharing **germs** too.

Sugar can be found in sweets, snacks, and sweet drinks. Sweets can be candy, cookies, or pudding. Snack foods such as chips and French fries. Sweet drinks can be soda, juice, lemonade, and sports drinks.

Other Ways to Prevent Tooth Decay:

Give your child healthy meals and limit snacks.

Water with fluoride in it can protect teeth from tooth decay. Fluoride is safe and found in most tap water. Check the label of bottled water to see if it has fluoride.

Switch to a cup by age 1. Try to avoid sippy cups or training cups.



How to take care of child's teeth:

Help him/her Brush:

- ◆ Use a Soft Toothbrush, 2 times a day
- ◆ Smear of toothpaste from first tooth to age 3
- ◆ Pea-sized fluoride toothpaste after age 3

Check teeth and gums:

- ◆ At least once a month
- ◆ Teeth should be all one color

Brown or white spots can be signs of tooth decay. Ask a dentist to take a look.

Go to the Dentist:

- ◆ First visit by age one

Early dental care begins a lifetime of healthy teeth and can prevent costly dental work later.