When to see the Dentist

- First visit by first birthday
- Early exams will protect your child's future dental health.

WIC GROWING HEALTHY FAMILIES.

Kentucky UNBRIDLED SPIRIT™

How to Care For Your Child's Teeth

Dental Problems Can Begin Early. Early Cleaning and Examinations Can Help Prevent Tooth Decay.

How do I protect my child's teeth?

- Brush with fluoride tooth-paste at least one time a day. Use a pea size dose of toothpaste on the brush.

- Regular dental exams

- Healthy foods

- Formula and water only from the bottle and sippy cup.

- Wean your baby from the bottle at 12 months of age

- Dental varnish - usually provided between ages birth to 6 years and older.

Children with Healthy Teeth:

- Are able to chew food more easily

- Learn to speak more clearly

- Smile with confidence

- Learn in school due to no dental pain

How Can I Keep My Child's Teeth Healthy?

- Start Cleaning your child's gums at birth with a damp wash cloth or gauze pad and water.

- Children are not able to do a good job brushing their teeth until about age 5. It is important for a parent to help until then.

- Consider dental sealants at age 6 and older.

- Parents/caregivers need to keep a clean mouth to not pass along germs