

Early Childhood Tooth Decay

Tips for a Healthy Mouth

▼ Infants

- Breast milk, water or formula should be the only liquids put in a baby bottle
- Hold your baby during feeding time
- Babies should never sleep with a baby bottle
- Use a teething ring instead of teething biscuits
- Soothers should not be dipped in anything sweet
- Visit a dental professional soon after your baby is born

Mouthcare begins at birth
Wipe your baby's mouth with a clean, soft cloth after each feeding



"Lift the Lip" once a month to check baby teeth



Begin using a two-handled cup at six months of age
Stop using a bottle by one year of age

▼ Toddlers

- Brush your child's teeth twice a day
- Give water, milk or juice in a cup at meal times (small amounts)
- Make healthy food choices, including snacks
- Avoid eating sweet, sticky foods and sugary drinks
- Limit unsweetened juices to 1/2 cup serving every day
- Dilute unsweetened juice, 1 part juice to 1 part water
- Avoid using cups with built-in straws or valves
- Continue to visit your dental professional

Did You Know?

Early childhood tooth decay is preventable

Help your child brush their teeth until they are 8 years old



0-3 Years: Brush with water only

A child must learn how to spit before using toothpaste (usually between ages 3 and 6)



3 Years & Older: Brush with a pea-sized amount of fluoridated toothpaste

A Parent or Caregiver can Reduce Passing Germs to an Infant or Child by:

Brushing and flossing daily

Visiting a dental professional regularly to keep mouth free from tooth decay

For Future Generations of Healthy Smiles,
Visit your Dentist, Dental Therapist, or Dental Hygienist Regularly.

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