Healthy Teeth Checklist

✓ Visit your dentist during pregnancy. Dental treatment is safe.
✓ Wipe baby’s gums twice a day in the morning and right before bed.
✓ Choose gum or mints that have Xylitol (Zy-ih-tall) in them.
✓ Clean pacifier and bottle with soap and water, not spit.
✓ Each family member uses his or her own toothbrush, spoon, fork or cup.
✓ Give only water in the bottle at bed time.
✓ Only use a dab of fluoride toothpaste every time you brush your baby’s teeth.

Cavity Keep Away

My goals for healthy teeth:

1. ____________
2. ____________

Date: ____________

To find low-cost dental care in your area visit:
http://findahealthcenter.hrsa.gov

Denti-Cal: 1-800-322-6384
Healthy Families: 1-866-848-9166

cdafoundation.org

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Did you know you can catch a cavity?

Cavities are made by germs in our mouth that feed on the sugar we eat.

The germs can pass from person to person through spit.

Keep the mouth germs away and you’ll keep the cavities away!

Mom had a dental check-up and got all her needed dental treatment.

Mom chooses gum or mints that have Xylitol and brushes twice a day with fluoride toothpaste.

Baby arrives! Mom wipes off baby’s gums before bed.

Mom cleaned pacifier off with soap and water.

Dad put water in baby’s bottle at bedtime.

Yay! First tooth. Baby gets his own toothbrush.

Healthy foods help keep cavities away.

Yogurt

Banana

Mommy spoon

Baby spoon

Baby has his own spoon. That’s super!

You win! You kept the germs away.

Mom took baby to the dentist before his first birthday.