

# Be cavity free

## Use fluoride toothpaste

- Brush teeth 2 times each day for 2 minutes.
- Fluoride makes your teeth stronger.



## 4 ounces or less of juice each day

- Choose 100% juice.
- It's better for your health and teeth to eat fresh fruits and vegetables than drink juice.



## Only put water in sippy cups

- Sippy cups should only have water in them—even at nap and bedtime.
- Never put sugary drinks in a sippy cup.



## Put your baby to sleep without a bottle

- Clean your baby's teeth after their last bottle before they go to sleep.
- After your baby turns 1 year old, only put water in their bottle if they can't fall asleep without it.



## Help your child brush their teeth

- Young children can't clean their own teeth very well. It's important you help them.
- Brush your child's teeth every day to stop cavities, avoid pain, and keep their breath fresh.



## No more bottles after 12 months old

- Switch from bottles to cups slowly. Start with meal times.
- Praise and use positive reinforcement when your child uses a sippy cup or regular cup instead of their bottle.



## Hold your baby when you feed them

- Propping your baby's bottle with pillows or blankets when they eat causes sugars (even natural ones) from formula or breast milk to sit on their teeth longer.
- It's easier for your baby to get a cavity if sugars sit on their teeth for too long.



## Limit sugary snacks

- Too many sugary snacks can increase the risk of cavities.
- Drink water after sugary snacks to help wash the sugar off of teeth.



## Don't share eating utensils

- Bacteria can be passed from you to your child through shared utensils, cups, or even by tasting food from their spoon. This makes it easier to get a cavity.



## Take your child to a dentist at age 1 year

- Baby teeth are important. They hold a place for permanent adult teeth and help your child chew food, speak clearly, and smile brightly.
- At their first dentist visit, the dentist will check for cavities and how their jaw and teeth are growing. They'll gently clean your child's teeth and may apply a fluoride gel or varnish.



## It's safe to go to the dentist when pregnant

- Regular checkups while you're pregnant will keep you and your baby healthy.
- If you have pain or a problem with your teeth, don't wait to get it taken care of. Infections in your mouth can harm you and your baby.

