












# Healthy Teeth Bright Smile



Give cavities the brush-off by starting your family's dental care early:

(Cavities are made by germs in our mouths that feed on the sugar we eat. The germs can pass from person to person through saliva or spit).

-  Visit your dentist at least one time during your pregnancy;
-  Wipe baby's gums twice a day. In the morning and before bed;
-  Clean pacifier and bottle with soap and water;
-  Have each family member use his or her own toothbrush, spoon, fork or cup;
-  Give only milk or water in the cup or bottle. Avoid sugary foods and drinks;
-  First dental exam for a child should be around the time of the first tooth eruption, but no later than twelve months of age;
-  Use a pea-sized amount of fluoridated toothpaste to brush teeth of children two and older; a soft bristled toothbrush and water can be used for children younger than two;
-  Have fluoride varnish applied by the pediatrician or dentist twice a year if your child is between age two and seven;
-  Make a habit of taking the whole family for a [yearly dental check-up](#).

