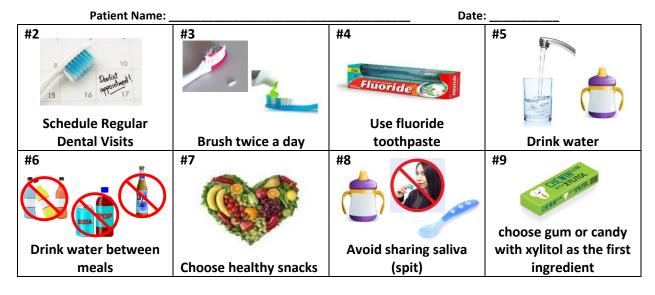
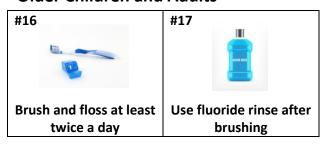
## **Creating Family Oral Health**



### **Babies and Young Children**



#### **Older Children and Adults**



On A Scale of 1-10, how confident are you that you can accomplish these goals? (Circle One)

(1= not confident at all; 10= very confident) 1 2 3 4 5 6 7 8 9 10

Patient Signature: \_\_\_\_\_ Practitioner Signature: \_\_\_\_\_

# Frequently Asked Questions Care of Your Baby and Child's Teeth

#### 1. Aren't cavities normal in children?

- Children can grow up without cavities (holes in their teeth)
- If you have cavities, get them repaired by the dentist
- The germs that caused adult cavities can be passed to a child by sharing saliva (spit).

#### 2. How can I keep my children from getting holes in their teeth?

- Don't share mouth germs in spit by sharing cups, utensils or cleaning bottle nipples and pacifiers with your mouth
- Lift and lower your baby's lips to check teeth for white spots on the teeth along the gums and get them to the dentist if you see problems.
- For your baby who is 6 months or older, give water only in night time bottles

#### 3. Do sweet foods like candy and soda pop cause cavities?

- Yes, sugary foods and drinks, chips, bread and tortillas feed the germs that cause cavities
- Give sweet foods, milk and juices with meals only
- Offer meat, cheese, nuts or peanut butter, celery, vegetables or salad to eat and water to drink between meals
- If breastfeeding, avoid starting a bottle. Begin using a cup or sippy cup at 6 months of age.
- Stop all bottles by age 1

#### 4. When do I start cleaning my baby's teeth?

- Start mouth care at birth by wiping gums with a soft cloth after feedings
- From the first tooth, brush teeth with a rice grain size of fluoride toothpaste
- Use water with fluoride or tap water
- Make an appointment with the Dentist by age 1