

Follow these simple steps to prevent tooth decay:



Lift the lip to check for signs of decay .



Clean teeth daily—start as a newborn using a clean washcloth to clean gums. When teeth appear, clean them with a small toothbrush and water.



Never put a child to bed with a bottle of milk, juice, sweetened tea or pop.



Avoid **constant** sipping of sugary drinks, including milk, during the day.



Give your child healthy snacks & avoid sweet and sticky foods.



Bring your child to visit a Dentist or Dental Hygienist by age one.

Fast fact

Sugar comes in many forms and names like honey, molasses, corn syrup, dextrose, fructose, glucose & sucrose. Read labels & watch for hidden sugars!

If you think your child has signs of tooth decay, contact your local Northwestern Health Unit or dental office.