

A Child's Smile

Nothing is sweeter than
seeing your child smile.

This smile starts with healthy baby teeth.

When will my child get all his baby teeth?

Most children have a full set of 20 baby teeth
by the time they are 3 or 4 years old.

Children lose baby teeth. Are baby teeth important?

Yes!

- Baby teeth help your child eat a wide variety of foods without choking.
- Your child also needs baby teeth to learn how to talk and sing.
- And baby teeth make a beautiful smile.

Are cavities a problem?

Yes - Cavities hurt!

- A child with cavities will have a hard time learning and eating because he is in pain.
- He may not smile as much.
- He could develop a serious infection.

My child sucks his thumb. Should I worry?

Many babies suck on their thumb
and stop by age 2.
If your child continues to suck on his thumb
after age 2 or 3,
talk to your doctor or dentist.



Brushing...

- 1 Teach your child to brush his teeth twice a day – usually in the morning after breakfast, and before bedtime.
- 2 Brush your teeth with your child – he learns by watching you.
- 3 Give a soft child size toothbrush to your child.
- 4 Put a small amount of toothpaste on your child's toothbrush - the size of a little green pea.
- 5 Teach your child to spit out the toothpaste after brushing.

How long should I help my child brush his teeth?

Most children need help
brushing their teeth
until they are
at least 6 years old.



Healthy Foods and Drinks... for Healthy Teeth



Drink Water between meals

- Drink milk at meals.
- Limit juice to 6 ounces or less each day.
- Avoid sugar sweetened drinks such as soda, fruit drinks and sport drinks.

Sipping on juice or sweet drinks often during the day can cause cavities.

Have planned Snacks

- Snack on fresh fruit – apple slices, bananas, oranges, kiwi
- Yogurt with berries or granola
- Banana Smoothie
- Whole grain breakfast cereals
- Carrot slices

Snacking all day long can cause cavities – your child’s teeth are constantly being exposed to food or drinks that bacteria can use to make cavities.

- ✓ Offer one planned snack between breakfast and lunch.
- ✓ Offer one planned snack between lunch and dinner.
- ✓ Offer one planned snack before bedtime... and brush your teeth before going to bed.



Banana Smoothie

3 bananas
1 cup skim milk
1 cup low fat vanilla yogurt
1 cup orange juice
Ground cinnamon or nutmeg

- 1 Peel bananas and slice into large pieces.
- 2 Combine bananas, milk, yogurt and orange juice in a blender.
- 3 Blend until smooth.
- 4 Pour into glasses.
- 5 Sprinkle with cinnamon or nutmeg.

4 servings (1 cup serving) – 175 calories,
1 gram fat, 5% calories from fat
and 2.4 grams fiber in each serving.

What can you do?

- Limit snacks to 1 between meals.
- Help my child brush his teeth twice a day.
- Offer water between meals and snacks.
- Other: _____