

Learn to Lift the Lip and Prevent Tooth Decay



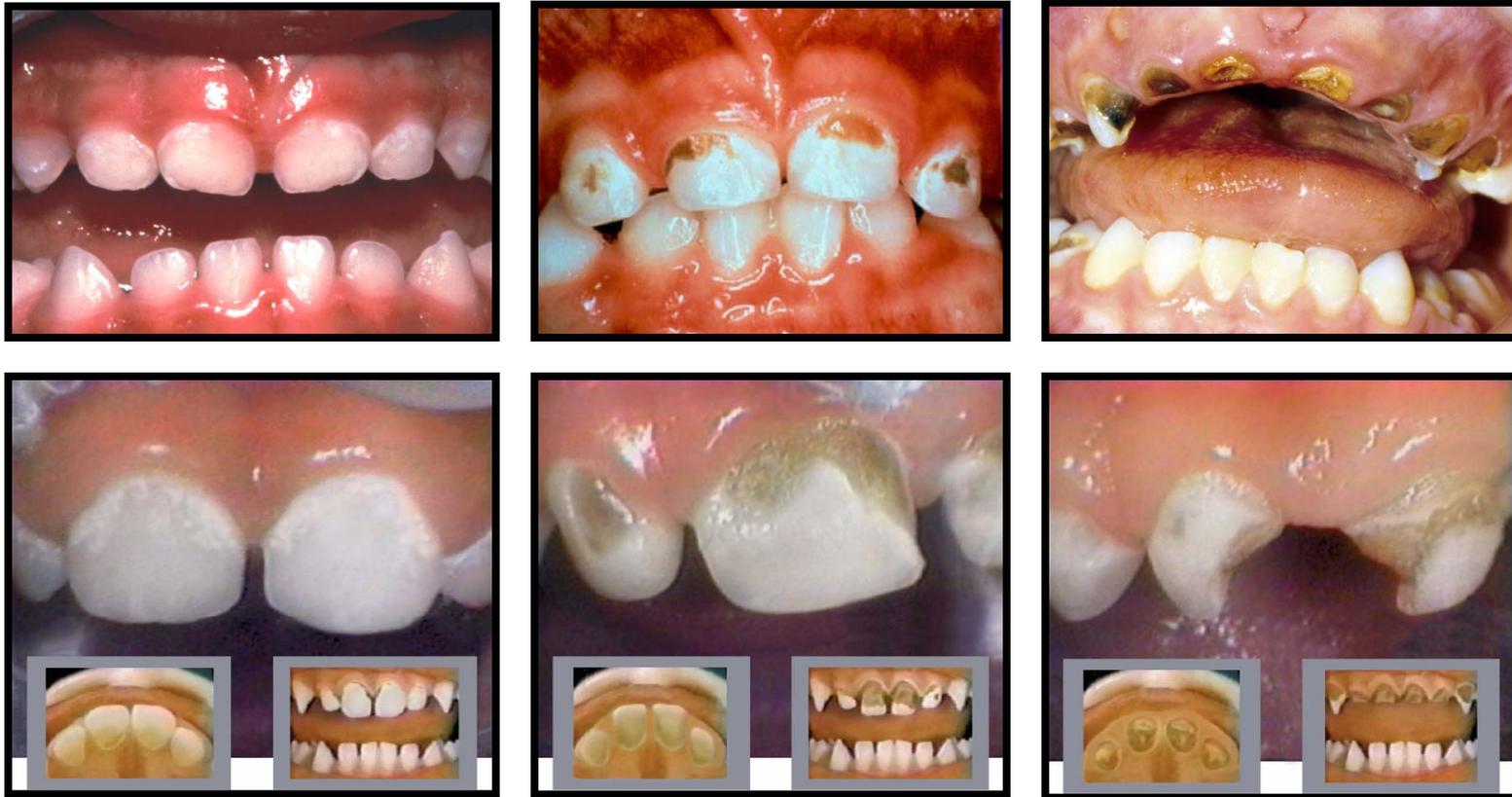
These children look healthy
but they may have tooth decay.

Baby teeth are important

- They help baby eat well and grow strong.
- They help baby learn to speak clearly.
- They help permanent teeth come in straight and healthy.
- They will be with your child for 6-12 years!
- Your child will feel good about a healthy smile.



Cavities are caused by germs and bacteria in the baby's mouth.
Did you know everyone has bacteria in their mouth?
So everyone, even babies, need to clean their teeth every day.



Cavities can get worse very quickly.

Cavities can be prevented

- Clean/Brush your baby's teeth as soon as you see them with a soft tooth brush.
- Do not allow your baby to sleep with a bottle of milk or juice.
- Do not let your toddler snack on crackers, cereal, or drink juice all day long.
- Form good habits with toddler by brushing often and after meals.
- A child learns quickly from their family. Make it fun for baby.

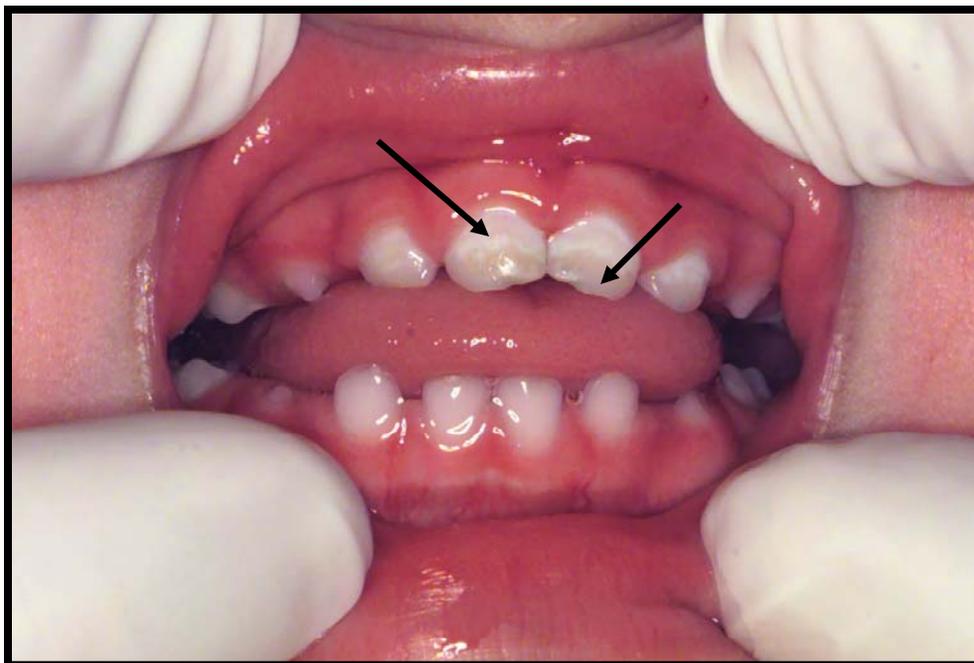
Learn to Lift the Lip

- Lay your baby on a blanket on the floor if you are by yourself.
- Your child can lay across your lap with help from a friend.
- Gently move your baby's lips up and look at all the teeth.
- Do you see white or light brown spots?

If you do, call your dentist for an appointment.



Check for white or brown spots often by lifting the lip.
Your baby will get used to having his/her teeth checked.



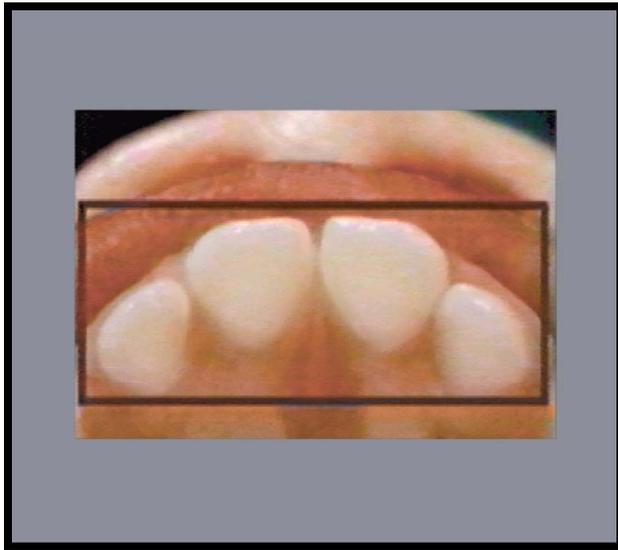
Do you see white or light brown spots?
If you do, call your dentist and make an appointment.



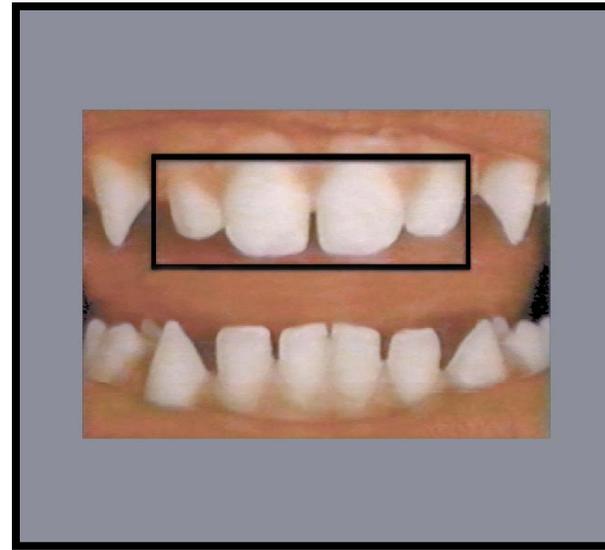
Use a mouth mirror to look at the back and front of your child's teeth.



This is where decay starts.



Back



Front

Lift the Lip and Prevent Tooth Decay



- Be proud you are checking for and preventing tooth decay.
- Do not feel bad if your child forms white spots.
- Make a dentist appointment.
- We can help!

Early decay can be treated

- The dentist will not need to use a drill or give your baby a shot if treated early.
- The dentist may brush on special fluoride varnish to help slow and reverse the decay.
- When decay gets bad, it is very painful and may require hospitalization. No one wants to see a child in pain.
- If you clean your baby's teeth daily, lift the lip monthly, and limit sugary snacks, your baby's teeth have a very good chance of growing strong and healthy.