Baby teeth do matter.

What you need to know about oral health:

- Cavities are made by germs in the mouth—those germs can be passed on to others through saliva, so don’t share forks, spoons, cups or toothbrushes.
- Children in pain from cavities can have problems eating, talking, sleeping and learning in school.
- Taking care of baby teeth is important for healthy adult teeth.
- You can prevent cavities by brushing with fluoride toothpaste and visiting your dentist.

Tips for a healthy smile:

- Brush twice a day with fluoride toothpaste.
- Children should have their first visit to the dentist by age one or when their first teeth come in.
- Ask your dentist about fluoride and sealants.
- Visit the dentist regularly – California law now requires kindergartners to have a dental check-up.
- Choose water instead of soda or other drinks that contain added sugar.
- Limit between meal snacking, especially on sugary and sticky foods.
- Choose gum or mints that contain xylitol (zy-lih-tall).

California Dental Association
Promoting the importance of good oral health.
For more information, visit cda.org