

# 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)