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To request spiral bound copies at no cost, contact Katie Glueckert at katie.Glueckert@mt.gov or (406) 444-2660.
**BOTTLES & BEDTIME**

Sugary liquids rot your sleeping baby’s teeth. Here are some ideas for how you can protect your baby’s teeth at bedtime.

1. Hold your baby while bottle feeding.
2. Wipe the teeth or gums when finished.
3. Put your baby to sleep by rocking, cuddling, or singing.
4. Put your baby to sleep without a bottle or sippy cup.

**Baby Bottles + Bedtime = Cavities**
BREASTFEEDING AND HEALTHY TEETH

- Breastfeeding and breast milk are the best choices for baby
  - When possible, feed your baby only breast milk for the first 6 months
  - Before other foods are added, breast milk alone does not cause cavities

- Start other healthy foods at 6 months and continue to breastfeed for 12 months or as long as the mother and child wish
  - Once other foods including formula are started, teeth can get cavities quickly
  - Limit how often sweet foods are given

- Start good habits early by cleaning your baby’s mouth to keep it healthy
  - Wipe your baby’s gums with a clean cloth after morning and evening feedings
  - When teeth first come in, brush them in the morning and before bed with a small soft toothbrush and a tiny smear of toothpaste containing fluoride

TAKE YOUR BABY FOR A DENTAL VISIT BY AGE ONE

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BRUSHING UP FOR HEALTHY TEETH

Toothbrushing is as easy as 1. 2. 3.

1. MAKE IT FUN
   - Use your child’s favorite toothbrush and toothpaste
   - Sing or tell a story
   - Brush to the count of 5 in each area

2. MAKE IT SIMPLE
   - Find a comfortable spot to brush
   - Brush your teeth to show how it is done
   - Guide your child’s hand to brush all sides of each tooth

3. MAKE IT EVERYDAY
   - Start brushing as soon as the first tooth comes in
   - Brush each morning and after the last food at night
   - Create a routine by marking a calendar

Brush morning and night. Keep your child’s smile bright.

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Cavity Free Starts at Pregnancy

If your mouth is not clean and healthy, germs that cause cavities can be passed to your baby.

- Brush with fluoride toothpaste every morning and night.
- Floss your teeth once a day.
- Have your teeth cleaned and cavities filled before your baby is born.
- After your baby is born, avoid sharing saliva:
  - Do not taste your baby’s food with the same spoon your baby is using.
  - Do not clean your baby’s pacifier with your mouth.

Healthy Mouth for Mom
Healthy Mouth for Baby

Boca Saludable para el Bebé
CHOOSE THE RIGHT CONTAINER

NURSING
- Breast milk is best
- "I like being close to mom"

BABY BOTTLE — newborn to 1 year
- Breast milk is best
- Water with fluoride
- Formula
- No juice or other sweet drinks
- "I want to be held when I drink my bottle"

BABY CUP — ages 6 months to 2 years
- Milk
- Water with fluoride
- No more than ½ cup of 100% fruit juice a day
- "I sit up, I use a cup"

KID CUP — ages 2 years and up
- Milk at meals
- Water with fluoride between meals
- No more than ½ cup of 100% fruit juice a day
- "I sit down when I drink"

TRAVEL MUG — for traveling only
- Water with fluoride
- No valves
- No juice or other sweet drinks
- "I save my travel mug for car trips"

Fruit Juice Has the Same Amount of Sugar as Soda Pop!

Amount of Sugar in ½ cup:
- Soda: Colas — 3 teaspoons
- Mountain Dew — 4 teaspoons
- Juice: Apple — 3 teaspoons
- Grape — 5 teaspoons
- Milk: Regular — 1½ teaspoons
- Chocolate — 4 teaspoons
FLUORIDE FOR HEALTHY TEETH

Fluoride helps strengthen your child’s teeth even before the first tooth comes in. Fluoride is safe for children and it prevents cavities. Here are ways you can protect your child’s teeth with fluoride:

Give Your Child Water with Fluoride
  - Use water out of the tap: it is an easy and cheap way to protect teeth! Most bottled water does not have fluoride.
  - Find out if your water has the right amount of fluoride. (saavs.us/fluoride)
  - Add water with fluoride to powdered infant formula if you are bottle-feeding your baby.
  - Water with fluoride is safe for babies.

Brush with Fluoride Toothpaste
  - Beginning when the first tooth comes in, brush your child’s teeth in the morning and before bed using fluoride toothpaste.
  - Use the right amount of toothpaste:
    - A tiny rice-sized smear for under age 3
    - A small pea-size for over age 3

Get Professional Fluoride Applications
  - A medical or dental provider can paint fluoride varnish on your child’s teeth to prevent cavities.
  - Fluoride varnish can be applied 2-6 times per year starting when the first tooth comes in.

Use fluoride to build a smile that will last a lifetime

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HEALTHY SNACKS LIMIT ACID ATTACKS

Germs + Carbohydrates = Acid + Tooth = Cavity

- Foods mix with germs to make acid
- Acid attacks teeth for 20 minutes

Acid levels in the mouth throughout the day

3 meals a day and healthy snacks reduce acid attacks

Lots of snacking and sweet drinks in sippy cups increase acid attacks

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IS YOUR MOUTH READY FOR PREGNANCY?

- Have you been to the dentist in the past year? A dental check-up is as important as seeing your doctor. Germs that cause cavities in your mouth can pass to your baby.

- Are your gums tender or do they bleed when you brush? Pregnancy can increase the way your gums react to germs in the mouth. Brush along the gumline and floss daily.

- Do any of your teeth feel loose? Loose teeth can be caused by gum disease and should be treated by a dentist or dental hygienist.

- Do you have morning sickness? Stomach acids can damage teeth. Rinse your mouth with a mixture of water and baking soda. Wait 1 hour before brushing and use toothpaste with fluoride.

- Do you feel pain in your mouth when you eat or drink? Pain can be a sign of problems in your mouth.

It is safe to have your teeth treated when you are pregnant.

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LIFT THE LIP

Check your child’s mouth and teeth once a month so that problems can be found when they are small.

1. POSITION – Place your child’s head in your lap or in your arm so you can see the teeth and all parts of the mouth.

2. CLEAN – Remove food from teeth and gums using a clean soft cloth or soft toothbrush.

3. LIFT – Use your fingers to lift your child’s lips to look for white or brown spots on any of the teeth – signs of tooth decay. If you see any color changes, contact a dentist.

4. LOOK INSIDE – Look at all areas of the mouth for unusual color, bumps, cuts, or sores. If you see any of these, contact a dentist.
MY CHILD’S FIRST DENTAL VISIT

* Having dental visits twice a year beginning by age one helps my child:
  - Grow up healthy
  - Be a better learner
  - Be pain-free
  - Have fewer dental emergencies
  - Lower dental costs for my family

If I see white or brown spots on my child’s teeth, I can ask a dental professional to check.

* The first dental visit for my child might include:
  - Asking about my family’s dental experiences, eating habits, and toothbrushing routine
  - Looking at my baby’s teeth and mouth
  - Painting fluoride on teeth to make them strong
  - Working with me to create a plan for keeping my baby’s teeth cavity free

* To find a dentist for my child, I can:
  - Ask my child’s doctor
  - Ask my local health department, child care provider, Head Start program, or another parent
  - Check out these websites: (insurekidsnow.gov, aapd.org, mouthhealthy.org)

Dental visits begin by age one

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**Tasty Treats for Teeth**

**Cavity Free**
- Grapes or other fresh fruit
- String cheese or other cheeses, whole grains
- Carrots, celery or other fresh vegetables

**Tooth Decay**
- Dried fruit snack or other sticky sweets
- Cracker, chips or other starchy foods
- Cookies, cupcakes or other baked goods

**Sweet Treats for Special Occasions:**
Choose something that leaves the mouth quickly.
Example: Bite size chocolate that melts away instead of a sucker that coats teeth in sugar over a longer time.

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THEY’RE NOT JUST BABY TEETH

Cavities can cause pain. Your child may use actions instead of words to show they are hurting. You can find out by watching how your child behaves.

- Friendly
- Sleeps well
- Healthy
- Eager to learn new things
- Eats crunchy fruits and vegetables
- Shy, withdrawn
- Tired and cranky
- Sick often
- Slow to learn new things
- Avoids crunchy fruits and vegetables

Cavities are an infection. If not treated, they can make your child sick. Take your child to a dentist for treatment.

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**TOOTHPASTE TIPS**

- Use toothpaste with fluoride
- Keep toothpaste out of child’s hands, treat it like medicine
- Help your child brush
- Just to spit but not rinse after brushing
- Use the right amount of toothpaste:
  - **1st Tooth - Age 2** (slight smear)
  - **Age 3.5** (small pea-size amount)
  - **Age 6 and over** (pea-size amount)

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**PASTAS DENTALES**

- Paste dental with fluoride
- Keep paste dental out of child’s hands, treat it like medicine
- Help your child brush
- Just to spit but not rinse after brushing
- Use the right amount of paste dental:
  - **1st Tooth - Edad 2** (Manchita ligera)
  - **Edad 3.5** (Tamano de chicharo)
  - **Mayor de 6 años** (Tamano de chicharo)