

**Cavities can  
start as soon as  
teeth appear.**

Cavities in baby teeth often lead to cavities in permanent teeth. Severe cavities can be painful and make it hard for your child to eat, sleep, talk and learn.

**Good news – cavities  
can be prevented.**



**Apple Health (Medicaid)  
covers dental care.**

Find a dentist near you:

Visit **DentistLink.org**

Call or Text **844.888.5465**

“Good health must include good oral health. Preventing cavities early will lead to a lifetime of better health for your child.”



Dr. Ben Danielson  
Pediatrician

Visit  
**ArcoraFoundation.org/  
Mighty-Mouth**  
for more tips on preventing cavities.

THE  
**MIGHTY  
MOUTH**

**ARCORA**

Foundation

Bending the Arc of Oral Health Toward Equity

Nov 2024

# Baby Those Baby Teeth

**✓ Have your baby's teeth  
checked by a dentist  
or doctor by age 1.**



# Protect your baby's health (and smile). Here's how:



## Schedule a checkup with a dentist or doctor by baby's first birthday.

- Tooth decay can be stopped if caught early. Your dentist or doctor can provide tips on how to keep your child's mouth healthy.
- Ask your dentist or doctor about fluoride (floor-eyed) varnish. Fluoride is a mineral that strengthens teeth and prevents cavities.



## Brush teeth twice a day as soon as they appear.

- Use a small toothbrush with a rice-size amount of fluoride toothpaste.
- Always brush at bedtime.



## Choose tooth-healthy snacks and drinks.

- Choose snacks such as cheese, fresh fruits and vegetables. Starchy foods, like crackers, stick to teeth and cause cavities.
- Offer your baby water. Water is healthy and helps clean teeth.
- Avoid juice, which has lots of cavity-causing sugar.
- If you give your baby a bottle in bed give only water. Other liquids (even breast milk and formula) cause decay if left in your baby's mouth while sleeping.



## Take care of your own mouth.

- Parents can spread cavity-causing germs to their babies. Schedule your own dental visit once a year.
- Brush twice daily, floss and choose healthy snacks.



## Did you know...?

- After we eat, the germs in our mouths make acid that attacks teeth for 20-40 minutes. These acid attacks cause cavities.
- Frequent snacking is bad for teeth. It's better to eat a snack all at once rather than nibbling throughout the day.
- The less time food and drinks (other than water) spend on teeth the better.

What causes cavities?



Germs

+



Food

+



Time on teeth

=



Cavities