

How to care for your baby's smile

- **Dentist by 1:** Your baby should see a dentist within six months of getting the first tooth or before the first birthday.
- **Clean:** Clean your baby's gums with a damp washcloth after eating and drinking.
- **Brush:** Once the first tooth shows up, use a soft toothbrush and a smear (the size of a grain of rice) of fluoride toothpaste to brush your baby's teeth and gums. Brush in soft, gentle circles two times a day.
- **No bottle in bed:** Don't let your baby sleep with a bottle at nap time or at night.
- **Give milk or water:** Give your child milk or water. Do not give your child drinks with added sugar, such as soda or juice.
- **Don't share forks, spoons or food:** If you put food or eating utensils in your mouth, do not put them in your child's mouth to avoid spreading germs that can cause cavities.



dentist by 1™

Cavities are nearly 100% preventable.

Learn more

To learn more about taking care of your baby's smile, visit DentistBy1.com.

Remember, take your child to the **dentist by 1**. And **let others know** it's important to take care of their baby's smile.

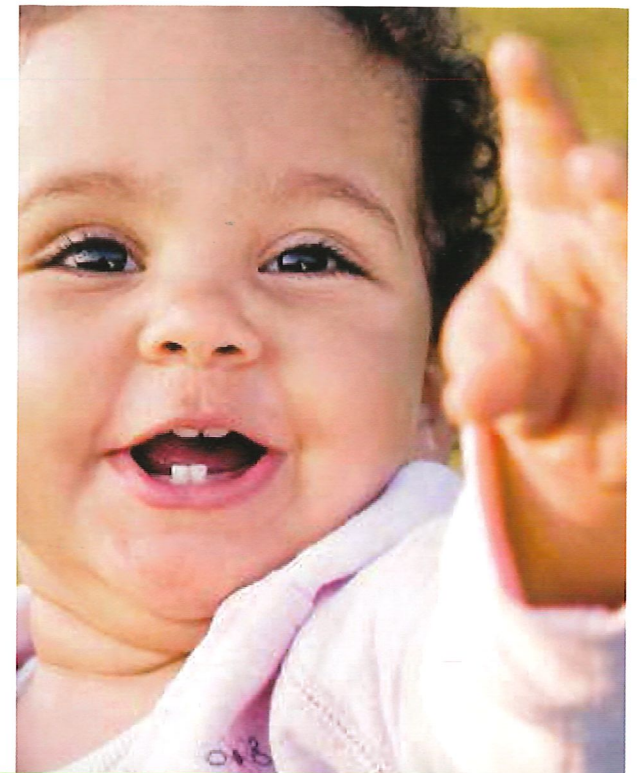


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 **DELTA DENTAL**

Delta Dental of Iowa Foundation



Cavities are nearly
100% preventable.

Take your child to
the dentist by age 1.

 **DELTA DENTAL**

Protect your baby's smile.



Baby's first visit to the dentist

At the first check-up, the dentist will:

- Check your child for cavities.
- Show you how to brush and floss.
- Teach you about food, drinks and habits that can cause cavities.
- Talk about fluoride.
- Check your child's bite, growth and development.
- Give you information to prevent accidents as your baby grows.

Visit a dentist by age 1 or within six months after the first tooth comes in. Visiting the dentist by age 1 helps you:



Get to know the dentist.



Learn how to avoid cavities that can cause your child pain and serious health problems.



Know who to call if your child has an emergency.



Save money by learning healthy habits and how to care for your baby's teeth.

