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