

Bright & Healthy Smiles Begin at Birth

Baby Teeth Are Important

Healthy teeth help your baby learn to talk, eat healthy & fresh foods, smile, and laugh. They also save space for bigger adult teeth to come in straight and healthy.



Start Taking Care of Their Teeth Early

Before your baby has teeth, wipe their gums gently with a clean, wet cloth after feedings and before they go to sleep.



When their teeth come in, brush them with a soft toothbrush and toothpaste that has fluoride in it. Use only a smear of toothpaste, about the size of a grain of rice.



When your child can spit (around age three), use a pea size amount of toothpaste.



Children need help brushing their teeth until around eight years old.

Find a Dentist for Your Child

- A child's first visit to the dentist should happen by, or around, their first birthday.
- Talk to your child's doctor about finding a dentist. Illinois' All Kids insurance program can help pay for the cost of visiting a dentist.



 Learn More

Fluoride Varnish

Fluoride varnish is a dental treatment that can help prevent tooth decay, slow it down, or stop it from getting worse. Scan the QR code to learn more about fluoride varnish or visit bit.ly/FluorideFactsForParents.

Ask your child's doctor or dentist about fluoride varnish for your child!

Take Care of Your Teeth, Too

Your children will do what you do! Show them good habits by brushing and flossing your teeth twice per day and by visiting the dentist regularly.



A Nutritious Diet Can Help Keep Teeth Healthy

- Do not put your baby to sleep with milk or juice in their bottle—only water.
- Soda, sweet drinks (including juice), candy, and sticky foods can cause teeth to decay faster.
- Cheese, yogurt, fruits and vegetables, whole grains, healthy proteins, and other fresh foods can help your child and their teeth stay healthy.

Passing Germs That Cause Tooth Decay

Did you know that germs in your mouth that cause decay can be passed from you to your baby and give them tooth decay?

To help keep your child's teeth healthy, do not put anything in their mouth that has been in your mouth (cups, spoons, pacifiers, etc.). Rinse items with water instead.

Examine Your Child's Teeth

Tooth decay can spread very fast. Take time to look at your baby's teeth by lifting their upper lip and looking at the teeth near the gums. If you see bright white spots or brown spots, take them to the dentist right away. This is the very beginning of tooth decay.



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