

Preventing Early Childhood Cavities

Early Childhood Cavities is a serious dental disease. The result of this disease is cavities, pain, infection, early tooth loss, speech problems, and loss of self-esteem.

Early Childhood Cavities are preventable. Here are a few tips:

- 1. Avoid putting baby to bed with a bottle or letting baby nurse continuously.**
- 2. The only liquid that will not harm your baby's teeth is water.**
- 3. Ideally, babies should be weaned by age one.**

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Protect Your Baby's Smile (0-6 months old)



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A Global Oral Health Initiative.



The American Public Health
Association recommends
regular prenatal checkups.

**Babies need healthy teeth to
eat, talk, and smile.**

3 Ways to Protect Baby's Smile (0-6 months)

1

Clean Baby's Gums Daily

Use a clean damp gauze square, finger cot or washcloth to clean baby's gums and tongue. The best position will probably be for you to sit down and hold baby in your arms.



2

Check Out Fluoride

Fluoride prevents cavities and makes teeth stronger.

Ask your dentist or doctor if your water has the right amount of fluoride in it to help prevent cavities.

If your water does not have fluoride in it, or if you use bottled water for drinking or cooking, your dentist or doctor may prescribe fluoride supplements for baby.



3

Avoid Putting Baby to Bed with a Bottle

Putting a bottle in bed with baby can cause lots of cavities. If you breast-feed, avoid letting baby nurse continuously. Any liquid except water — even milk and juice — can cause cavities. If you think your baby needs to suck on something while sleeping, try a pacifier or a bottle with only water in it.

