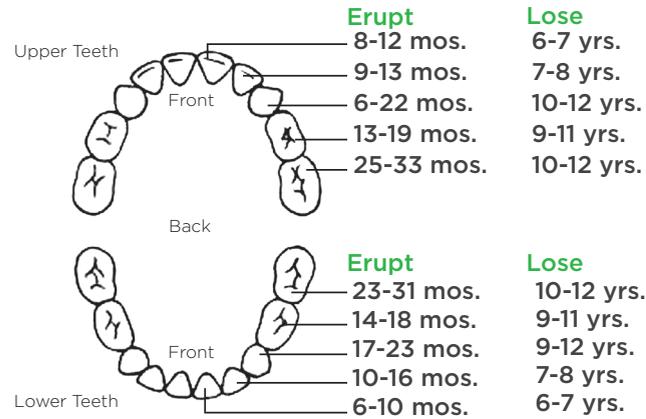
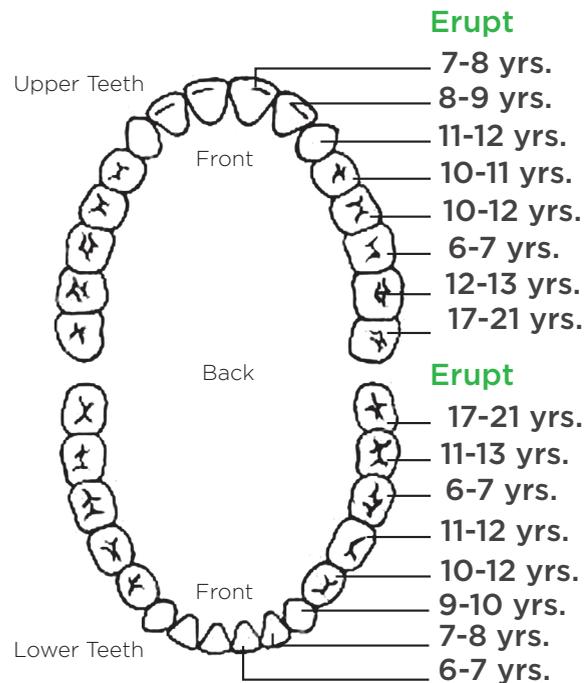


## The Developing Smile

### Baby Teeth



### Permanent Teeth



## Risk Factors for Early Childhood Cavities

- History of cavities in the family
- Frequent sweets, juice, sodas, sports drinks
- Frequent sticky snacks including dried fruit, crackers and cereal
- Not brushing the teeth on a regular basis
- Not enough fluoride in water or through supplements
- Chalky white spots on the teeth along the gum line

## For More Information

If you do not have a dentist and would like help finding a dentist that accepts Medicaid or offers a sliding fee scale, call the Idaho Careline for free by dialing 211.



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**DELTA DENTAL**

## Contact Us

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-(800) 356-7586.  
注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-(800) 356-7586.

### About Delta Dental of Idaho

Delta Dental of Idaho is the leading dental benefits carrier in the state, providing quality, affordable dental plans for both companies and individuals. We are a not-for-profit organization seeking to improve the dental health of all Idahoans through our community outreach programs. Nationally, Delta Dental member companies provide coverage to more than 70 million Americans. For more information, visit our website at [deltadentalid.com](http://deltadentalid.com).

This brochure is provided for free by Delta Dental of Idaho's Community Outreach program.



**DELTA DENTAL**



# Your Baby's Healthy Teeth

Delta Dental Community Outreach

DELTA DENTAL OF IDAHO

DELTA DENTAL OF IDAHO

Learn important steps you and your family can take for your child's developing smile.

Good dental health begins even before birth and continues throughout our lives. As parents, you play an important role in helping your child have the healthiest smile possible, right from the start.

### During Pregnancy

During pregnancy your dental health may affect:

- Your baby's forming teeth
- If your baby is carried to full term
- Your baby's weight at birth

For a healthier pregnancy and to help your baby's developing teeth, follow these guidelines:

- See a dentist early in your pregnancy and be cavity free by the third trimester.
- Eat nutritious foods. A baby's teeth begin to form in the first trimester.
- Rinse well with water after snacking.
- Brush twice a day for two minutes and floss once a day.
- Notice if your gums bleed when brushing. Hormone levels during pregnancy can cause gums to bleed more easily. However, if you are brushing and flossing regularly and your gums still bleed, you should see a dentist.



### Baby's First Years Birth Thru Age 1

#### Before Teeth Come In

- Wipe your baby's mouth and gums with a moistened cloth twice a day.
- Ask your dentist or pediatrician if there is enough fluoride in your drinking water. If not, ask about fluoride supplements. If you use bottled water, make sure it contains fluoride.
- If you use a pacifier, never put anything sweet on the pacifier.

#### During Teething

- Help relieve pain by rubbing the gums with your clean finger, a soft cloth, or by using a teething toy. Cold and damp objects can also be helpful.
- Avoid putting an item from your mouth into your baby's mouth. This can put harmful bacteria into our baby's mouth. Cavities are caused by bacteria that can be passed to a baby through saliva.

#### After Teeth Come In

- Never leave a bottle or sippy cup with anything other than water with your baby after they fall asleep.
- Make milk and water your baby's primary drinks. Give juice in moderation and dilute it with water.
- Start getting your baby to drink from a cup.
- Begin brushing teeth with a small, soft tooth brush with a tiny amount of fluoride toothpaste.
- Begin flossing your baby's teeth when two teeth touch.
- If you or your child's siblings have a history of cavities, schedule a dentist visit by your child's first birthday. Ask the dentist about fluoride varnish.

Each time we eat or drink anything other than water, it creates acid around the teeth for about 20 minutes.

Until a child is able to tie their own shoes, they do not have the hand movement needed to properly clean their teeth.



### The Toddler Years - Ages 2-4

- Establish set snack times and only give your child water in a sippy cup if they like to have a drink nearby throughout the day.

- Choose healthy snacks for your child such as cut-up fruit or vegetables, cheese, and yogurt.
- Limit snacks that stick to your child's teeth like crackers, cookies and dried fruit, such as raisins.
- Read snack and drink labels and limit your child's sugar intake.
- Always apply toothpaste on your child's toothbrush for them. Only a small amount is needed.
- Encourage your child to brush their own teeth, but then brush their teeth afterward to clean any areas they may have missed. Until a child is able to tie their own shoes, they do not have the hand movement to properly clean their teeth.
- Brush with your child, as they will watch and imitate you.
- Do not allow your child to use or chew on another person's toothbrush, it spreads germs.
- Replace your child's toothbrush when it starts to look worn, or if they have had a contagious illness.
- Take your child to see a dentist every six months.

4 grams of sugar is equal to 1 sugar cube. If a drink has 20 grams of sugar, it is equal to giving your child 5 sugar cubes.