

# Healthy Teeth Make Happy Smiles



**Baby teeth are just as important as adult teeth. After all, they are essential for chewing, talking and smiling! Below are answers to common questions about children's dental health.**

## **How often should I CLEAN my baby's gums?**

Gently wipe gums after each feeding with a clean, wet washcloth.

## **When should I start BRUSHING my child's teeth?**

When the first tooth appears, brush twice a day with a soft-bristle toothbrush. Begin using toothpaste at 2 or 3 years old.

## **How can I help my child prevent CAVITIES?**

Limit sugary drinks like juice or soda. Choose water or milk instead!

## **When should my child visit the DENTIST?**

When the first tooth comes in or by the first birthday.  
Get check-ups every year after that.



To learn more, contact First 5 Shasta at 229-8300 or [www.first5shasta.org](http://www.first5shasta.org) and [www.first5california.com/parents](http://www.first5california.com/parents)