Key Messages

Oral Health:

- Check and clean your own and your child’s teeth and gums daily
- Protect your child’s teeth with fluoride
- Limit snacks and beverages containing sugar
- Eat fruit, don’t drink it
- Breastfeed your child, it assists with proper jaw development
- Don’t put your child to bed with a bottle
- Wean your child from a bottle by 12-14 months
- Have your child’s mouth checked before their 1st birthday

YOU are Responsible for Your Child’s Bright Smile

Dental Disease is 100% Preventable