

I Had My Child's Mouth Checked
Before Their 1st Birthday!

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