

# Cavities are Contagious



## Babies are not born with the germs that cause cavities

Germs that cause tooth decay are passed on to children from their caregivers between the age of 6 months to 2 ½ years.

Caregivers need to keep their own levels of decay-causing germs low so that fewer are passed on to their child. Caregivers can do this by:



- Flossing daily.
- Brushing thoroughly for 2 minutes twice a day using a fluoride toothpaste.
- Have regular dental check-ups to treat tooth decay or gum disease.

To help stop infecting your child with decay-causing germs, avoid the following:



- Allowing your baby to put fingers in a caregiver's mouth and then back into his/her own mouth
- Blowing on your baby's food to cool it
- Cleaning pacifier or bottle nipple in your mouth
- Sharing utensils such as spoons
- Testing the temperature of food by tasting it from your baby's spoon



Accountable



Collaborative



Common Goals



Dedicated



Evidence-Based Practice



Wellbeing

For more information check the website at [www.saskohc.ca](http://www.saskohc.ca)