Baby teeth need care, too.

Why your child should visit the dentist by age 1

How to protect your baby’s smile

Delta Dental of Illinois Foundation
Preventing baby bottle tooth decay

Discuss fluoride options with your dentist.

- Graduate to sippy cup by first birthday.
- Avoid passing bacteria. Never clean a spoon or a pacifier in your mouth.
- Avoid sugary drinks. Finish bottle before bed and nap time.
Your child’s first dental visit

At the first check-up, the dentist will:

• assess your child’s risk for early dental decay.

• demonstrate brushing and flossing techniques.

• discuss diet and feeding practices that put your child at risk for decay.

• discuss the use of topical fluoride.

• assess your child’s bite, facial growth and development.

• provide information for trauma prevention as your child goes through stages of development.

Schedule a dental visit for your baby by age 1

The American Academy of Pediatric Dentistry recommends that a child should go to the dentist within six months of getting the first tooth—and no later than the first birthday.

Visiting the dentist by age 1 helps:

• you and your child establish a relationship with a dentist.

• alleviate your child’s pain and suffering that can result from untreated oral health issues.

• assist in emergency and future dental treatment.

• reduce future dental treatment costs up to 40 percent by establishing early preventive dental care like check-ups and cleanings.

Protect Your Baby’s Smile

Helpful Reminders

<table>
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<tr>
<th>When</th>
<th>To Do</th>
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<tbody>
<tr>
<td>Months 1+</td>
<td>Gently clean child’s gums after feedings with a damp washcloth to keep bacteria levels low.</td>
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<tr>
<td>Months 5+</td>
<td>Avoid passing bacteria to your baby. Make sure you’re not putting your child’s feeding spoon in your mouth. Never clean a pacifier in your mouth.</td>
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<tr>
<td>Months 6+</td>
<td>Never let your baby fall asleep with a bottle filled with milk, juice or other sugary drinks. If your child needs a bottle to fall asleep, fill it with tap water.</td>
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<td>Months 9+</td>
<td>Start looking for your child’s first tooth to come in.</td>
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<tr>
<td>Month 12+</td>
<td>After the first baby tooth comes in, use a soft toothbrush and a smear of fluoride toothpaste to brush your child’s teeth and gums in soft, gentle circles two times a day.</td>
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<tr>
<td>18+ Months</td>
<td>Begin flossing when two baby teeth touch. Find a dentist and make an appointment for your child.</td>
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<tr>
<td>18+ Months</td>
<td>Encourage your child to give up the bottle by his or her first birthday.</td>
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<tr>
<td>18+ Months</td>
<td>Get your child to the dentist by age 1.</td>
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<tr>
<td>18+ Months</td>
<td>Begin regular dental appointments every six months.</td>
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Be a smart mouth. Get your child to the dentist by age 1.

Go to DentistBy1.com/Illinois for more information to help ensure your child grows up with a healthy smile or to support the Dentist By 1 initiative.

dentist by 1™
Cavities are nearly 100% preventable.

Delta Dental of Illinois Foundation