

# Early Childhood Cavities

## A crises Among Native American Children

*Some children learn to live with the constant pain of rotting teeth and swollen gums. They go to sleep with it. They go to school with it. It affects their energy levels and even their self-esteem.*



### Just the Facts

**Five out of every 10 Native American children have dental cavities.**

**It costs \$3,000-\$5,000 to treat EACH CHILD with severe dental cavities. Many of these children have to be hospitalized for dental treatment.**

**Severe dental cavities can lead to eating, learning, and speech problems for young children.**

### How Can We STOP This Horrible Disease?

- 🌀 **Put baby in bed without a bottle and wean baby by 12-14 months of age.**
- 🌀 **Clean baby's teeth every day. Use a small dab of fluoride toothpaste.**
- 🌀 **Check baby's teeth for dental cavities (white or brown spots).**
- 🌀 **Limit sweet snacks and drinks.**
- 🌀 **Visit the dentist and ask about fluoride, sealants, and xylitol.**