Lift *the* Lip

to check your baby's teeth

Mark your calendar to check baby's teeth **once a month** to look for the early signs of cavities.

	Healthy teeth
	White lines are the early sign cavities have started
	Brown areas are cavities

Baby teeth are very important! They help with chewing food and learning to talk. Babies can get cavities as soon as they begin to get their teeth. Take these steps to keep your baby's teeth strong and healthy:

- Clean teeth daily
- Take baby to dentist when they get their first tooth
- Ask the dentist about fluoride varnish for baby teeth
- Only put water in bottle at sleep time (if bottle needed)
- No juice or soda in bottles/sippy cups
- Lift the Lip ONCE A MONTH to check teeth

ARE YOU PREGNANT?
Your mouth health matters to your baby!

An unhealthy mouth in mom can cause:
- A premature baby
- A low birth weight baby

YES, IT IS SAFE!
Dental care during pregnancy can be done without any complications.

Tips for a healthy mouth:
- Brush with a fluoride toothpaste 2 minutes for 2 times a day
- Floss daily
- Eat a balanced diet
- Limit sweets and sodas
- Get regular dental check-ups
- With any vomiting, try rinsing after with baking soda and water to stop the acid attack on your teeth

Make an appointment at your dental clinic today!