Looking for a dentist?

CONTACT THE ONTARIO DENTAL ASSOCIATION

call 416-922-3900

or visit

www.youroralhealth.ca

SPECIAL THANKS TO:

• Dr. William Hettenhausen/Your Teeth for a Lifetime Foundation
• Dr. Gajanan (Kiran) Kulkarni, Associate Professor, Pediatric and Preventive Dentistry, University of Toronto

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A healthy pregnancy helps the development of healthy teeth

1. Teeth start developing in the first three months of pregnancy
2. A mother should eat nutritiously and avoid tobacco, alcohol and non-prescription drugs to ensure a healthy pregnancy
3. Visit your doctor and dentist regularly

Baby teeth are very important

4. The baby teeth start to erupt when a child is about six months old
5. Baby teeth help your child eat and speak, and are important for overall health
6. Baby teeth are also called the primary teeth and help adult teeth come in straight
7. The eight front primary teeth start to fall out after age five, and the rest fall out by age 12

Healthy food makes healthy teeth

8. A well-balanced diet is important for the development of healthy teeth
9. Cheese, yogurt and milk contain calcium that make teeth hard and can help prevent cavities
10. Between meals, choose unsweetened unflavoured milk or water instead of juice or pop
11. Fresh or unsweetened canned fruits and vegetables (such as celery and carrots) are excellent snacks
12. Whole grain crackers, bread, nuts and seeds are also good snacks

Feeding your baby

1. Clean the baby’s mouth and teeth following all feedings
2. Avoid letting your baby sleep at the breast or with a bottle of juice, formula or milk as this can harm your baby’s teeth
3. If your baby normally falls asleep while feeding, brush his or her teeth before feeding

Reduce your child’s sugar intake

4. Germs in the mouth called bacteria feed on sugar from foods to make an acid that harms teeth
5. Fruit is the best dessert
6. Limit fizzy drinks and natural fruit juices as they may contain sugar and acids that cause tooth decay
7. Avoid feeding your child snacks containing sugar or sweeteners such as honey
8. Save sweets for mealtimes, when they are less likely to harm your child’s teeth

Brush and floss your child’s teeth

9. Before the baby has any teeth, the gums should be wiped with a clean soft wet cloth after every feeding
10. Brushing should begin soon after the first teeth come into the mouth, so your child will get used to it
11. Brushing should follow meal and snacks and sweetened medications
12. Use only a small rice-sized amount of toothpaste and be sure it is never swallowed. If your child routinely swallows it, do not use toothpaste
13. Once the sides of the baby teeth touch each other, flossing should take place at least once a day

Lift the lip and look

1. If your child knocks out a tooth, it is important to get them to your dentist as soon as possible. Call your dentist immediately for advice. If you are unsure of what to do then gently rinse the tooth – do not brush or scrub! – and bring it to the dentist wrapped in a gauze or a clean cloth, in a container of milk
2. The eight front primary teeth start to fall out after age five, and the rest fall out by age 12
3. Between meals, choose unsweetened unflavoured milk or water instead of juice or pop
4. Fresh or unsweetened canned fruits and vegetables (such as celery and carrots) are excellent snacks
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Visit the dentist

6. A child should visit a dental office by the age of one year, or when the first teeth appear
7. Bring your child to the dentist for regular checkups to make sure there are no problems
8. Visits should continue from age two and a half when all the primary teeth are in the mouth