

# Baby Teeth are Important!

..... Call the child's dentist today to schedule a visit.

**866-268-9631**

If you are enrolled in Advantage Dental, you have a dentist.

Call Member Services to:

- Find your dental home.
- Get support making an appointment.
- Arrange transportation to your appointment.
- Arrange for an interpreter.



Advantage Dental  
442 SW Umatilla Ave, Ste 200  
Redmond, OR 97756

Phone: 866-268-9631  
Fax: 541-504-3907  
[www.AdvantageDental.com](http://www.AdvantageDental.com)

*Prepared in Conjunction with the Northwest Center to Reduce Oral Health Disparities, Seattle, WA: School of Dentistry, University of Washington*

101BTP\_05102017



Baby those

# BABY TEETH

Learn how to keep children ages 0-12 months cavity free!



.....

Advantage Dental is here to help.

## Cavities are Preventable

Prevention is a team effort that starts with YOU, the caregiver.

- Cavities are holes in teeth. Holes are formed when cavity-causing bacteria feeds on sugars inside the mouth, producing acid that attack the teeth.
- Babies are not born with cavity causing bacteria.
- Bacteria transfers from infected caregivers to babies through saliva. For example, this can happen when a baby puts their hand in the caregiver's mouth, or when spoons are shared.
- Teeth are most at risk of harm or infection when they are just coming in.



## Tips for Success

- **Don't Share Bacteria:** Sharing things that have been in someone else's mouth can pass cavity causing bacteria to the baby. Don't let adults or other children share spoons, straws, toothbrushes or anything that has been in someone else's mouth.
- **Don't Feed the Bacteria that Cause Decay:** Give the child's teeth a chance to get stronger. Instead of juice or sugary drinks, give the child water throughout the day and at bedtime/naptime.
- **Start Brushing the Child's Teeth with the Very First Tooth:** Brush the child's teeth/gums twice a day. Use a small, soft toothbrush and a "smear" of fluoride toothpaste.
- **Spit Don't Rinse** and don't let your child play with or eat toothpaste.

**\*Non-fluoride toothpaste and baby tooth gels do not work to prevent cavities.**



## Dental Visits

- Dentists don't just fix teeth, they can help prevent tooth decay.
- Take the child to the dentist when you see the first tooth, or by their 1st birthday.
- The dental team will assess the child's risk of developing cavities. A treatment plan will be provided to help protect teeth.
- The child should be seen at least annually for a check-up, more frequently if they are at greater risk.
- Children like to copy Mom and Dad so be a good role model for tooth brushing.
- If you need help making a dental appointment or with transportation, call Member Services at:  
**866-268-9631**