

# EVEN BABIES CAN GET CAVITIES



Cavities are caused by germs and bacteria in the mouth.

A cavity can occur in baby teeth and permanent teeth. Cavities can be prevented:

- Brush baby's teeth with a soft brush as soon as they appear in the mouth
- Do not allow baby to sleep with a bottle of milk or juice (or anything other than water)
- Do not allow all day snacking
- Make brushing fun for baby to form good brushing habits early

## LIFT THE LIP!

It's the best way to look at your baby's teeth for signs of trouble.

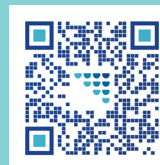
- Lay baby on blanket on floor or your lap
- Lift baby's lip and gently move lips around to visually inspect all of the teeth
- Do you see white, tan or brown spots?
- If you do, call a dentist for an appointment

With regular inspection, your child will get used to having their teeth examined and be less afraid of the dentist.



Looking for health and wellness resources?

There are places near you that can help! Visit DentaQuest's Community Resource page to view a list of resources in your area. Just use your smartphone camera to scan this code.



Hover over the code and tap on your screen.

