

# ★ Healthy Teeth Checklist

- ✓ Visit your dentist during pregnancy. Dental treatment is safe.
- ✓ Wipe baby's gums twice a day in the morning and right before bed.
- ✓ Choose gum or mints that have Xylitol (Zy-lih-tall) in them.
- ✓ Clean pacifier and bottle with soap and water, not spit.
- ✓ Each family member uses his or her own toothbrush, spoon, fork or cup.
- ✓ Give only water in the bottle at bed time.
- ✓ Only use a dab of fluoride toothpaste every time you brush your baby's teeth.



My goals  
for healthy teeth:

1. \_\_\_\_\_

2. \_\_\_\_\_



Date: \_\_\_\_\_

To find low-cost dental care in  
your area visit:  
<http://findahealthcenter.hrsa.gov>

Denti-Cal: 1-800-322-6384  
Healthy Families: 1-866-848-9166



[cdfoundation.org](http://cdfoundation.org)

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# Cavity Keep Away



# Did you know you can catch a cavity?



Cavities are made by germs in our mouth that feed on the sugar we eat.

The germs can pass from person to person through spit.

Keep the mouth germs away and you'll keep the cavities away!



Mom had a dental **check-up** and got all her needed dental treatment.

Mom chooses gum or mints that have **Xylitol** and brushes twice a day with **fluoride** toothpaste.



Baby arrives! Mom **wipes** off baby's gums before bed.

Mom cleaned **pacifier** off with soap and water.



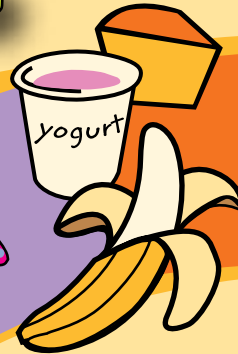
Dad put **water** in baby's **bottle** at bedtime.



fluoride toothpaste



Yay! First tooth. Baby gets his own **toothbrush**.



**Healthy foods** help keep cavities away.



Baby has his own **spoon**. That's super!



You win!  
You kept the germs away.



Mom took baby to the dentist **before** his first birthday.

