



## Does your child have a **drinking** problem?



You do everything possible to protect your baby from harm. But did you know that as soon as your baby's first teeth appear (around six months), they are susceptible to decay? Luckily, baby bottle tooth decay is preventable. Avoid putting your baby to sleep with sweetened liquids like juices, sodas or milk. And, use only water in the bottle between meal times.

Our Children's Dental Health Month partners include:



Sweetened liquids contain sugar, which can pool around your baby's teeth. Sugar can mix with germs in your baby's mouth and cause tooth decay.

If sugar mixes with germs for an extended period of time, it will form an acid that eats holes in your baby's teeth and can cause early childhood caries also known as baby bottle tooth decay.

Remember that giving a child a bottle of sweetened liquid many times a day, and especially at nap or nighttime, can harm your child's teeth.

Starting at birth, clean your baby's gums with a soft cloth or gauze pad after each feeding. Begin brushing your baby's teeth with a small soft toothbrush as soon as the first tooth erupts.

### February Children's Dental Health Month Events

#### Children's Dental Screenings

**FREE** dental screenings  
and toothbrushes for children.  
**One per child attending.**

**When:** Tuesdays  
10:00 a.m. to 12:00 p.m.

**Where:** Mall of America –  
Rotunda

For additional information  
on baby bottle tooth  
decay, visit us at  
[deltadentalmn.org](http://deltadentalmn.org).