

Give Your Baby the Gift of a Proud Smile.



Take your baby for a dental visit by her 1st birthday.

Getting an early start on dental care is very important for your baby and can help prevent a serious dental problem called Early Childhood Caries (ECC). You should schedule an appointment as soon as the first baby tooth appears. This first dental visit will give you and your baby a chance to meet the dentist and staff.

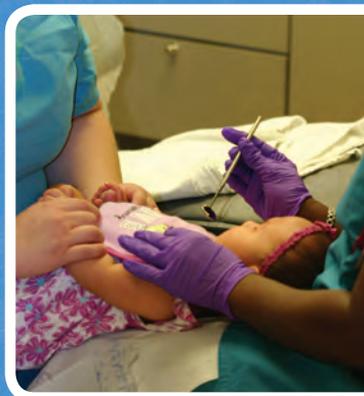


What is ECC?

Early Childhood Caries or ECC is a dental infection that causes cavities or decayed teeth. ECC is the number one chronic disease of childhood. If ECC is not treated, it could lead to life threatening health problems and may require surgery. The dentist can help prevent ECC or treat it early before it becomes a big problem.

What happens at a baby's first dental visit?

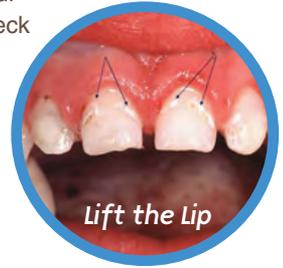
During the dental visit, you or another caregiver may sit “knee to knee” with the dentist with your baby lying across both laps. The dentist will carefully look in her mouth and check for dental problems. The dentist will count your baby's teeth and give you tips on how to care for your baby's mouth. The appointment may end with your baby receiving a fluoride treatment. The fluoride may be gently brushed on her teeth. Fluoride treatments help to prevent cavities.





Did you know you can check your baby's teeth every month?

Once a month, lift your baby's top lip and check his teeth along the gum line. If white or brown spots are on his teeth, take your baby to a dentist. Spots may be a sign of ECC.



BONUS TIP: Take care of yourself, too!

One of the best things you can do for your baby is to take care of your own teeth.

Make a dental appointment today. If you have cavities, have them treated. Your untreated cavities can pass germs to your baby and can cause ECC. Set an example by brushing and flossing your teeth at least twice a day.



WIC Program
Inter Tribal Council of Arizona, Inc.

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