

# Your Baby's Teeth are at Risk for Decay Starting with the First Tooth.



When baby teeth have decay, it is called Early Childhood Caries or ECC. ECC is the most common chronic disease in childhood. It is a serious health problem.

## Protect your baby's teeth with these five easy tips:

- 1** Wipe your baby's mouth, gums and teeth after every feeding (including breastfeeding or bottles) and at bedtime with a soft, wet cloth.
- 2** Skip sweet drinks, including juice. You can start offering your baby water at six months from a bottle or a cup. Your baby should be weaned from the bottle between 12 and 15 months.
- 3** Put your baby to sleep by rocking her or rubbing her back instead of using a bottle.
- 4** Stick to healthy foods and snacks for your baby. Babies don't need sweet snacks or desserts like cookies, cake and candy.
- 5** Give your baby a special gift for her first birthday: a visit to the dentist! The dentist will check for cavities and help you keep your baby's mouth healthy.



Children 2 and younger only need a smear of toothpaste on their toothbrush.

*When your baby grows her first tooth, start brushing with a baby toothbrush. A smear of toothpaste is all a baby needs.*



**WIC Program**  
Inter Tribal Council of Arizona, Inc.