

I'll have water, please!

Going to bed with a bottle of milk or juice can cause a problem called **baby bottle tooth decay.**

A tooth with decay can cause great pain and can cost a lot of money to fix.

To prevent this problem

- Put water in nap or bedtime bottles.
- Don't let baby carry around a bottle or sippy cup filled with a sweet drink.
- Don't dip pacifiers in anything sweet.
- By the first birthday, teach your baby to drink from a cup.
- Clean baby's mouth with a clean, damp cloth after each feeding and before bed.





Keep your baby's teeth healthy!

Healthy baby teeth are important now for a pretty smile later!

Here's what you can do

- **Wipe baby's gums every day with a clean, soft cloth.**
- **Begin brushing baby's teeth as they come in.**
- **If you give your baby a bottle at nap or bed time, use water.**
- **Limit sweet drinks and food.**



It's time for a check-up!

Call and make an appointment today for your child's dental checkup.

In the meanwhile, remember these good rules for children and adults

- **Brush every day with fluoride toothpaste.**
- **Floss at least once a day.**
- **Limit sweet foods and drinks. Snack on unsweetened cereal or fresh fruits and vegetables.**
- **Never go to sleep with candy or gum in your mouth.**

Don't forget!

When you make an appointment to visit the doctor or dentist, that time is just for you!

- **Always keep or cancel your appointments.**
- **Call to let them know if you cannot go to an appointment.**
- **If you need a ride to your appointment, call Medicaid's NET Hotline at 1-800-204-3728.**
- **Too many missed appointments may cause your doctor or dentist to dismiss you. You may also lose your Medicaid.**

