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.