

Tips to Prevent Cavities

because little teeth are a BIG deal.

- Brush your child's teeth two times every day with a rice size amount of toothpaste.
- Offer water and healthy snacks between meals, like fruit, veggies, cheese and nuts.
- Check for white or brown spots on your child's teeth near the gums.
- Hold your child while bottle feeding instead of propping a bottle.
- Use a cloth to wipe teeth after breastfeeding.

**Don't forget to
visit the dentist
every year!**

