

Is Your Child Protected from Cavities?

- 1.** I check my child's teeth for spots or problems at least once a month. Yes No
- 2.** My child had or will have a first dental visit by age 1. Yes No
- 3.** My child drinks fluoridated water or takes fluoride drops or a tablet daily. Yes No
- 4.** I brush my child's teeth or clean my baby's gums every day. Yes No
- 5.** My child has sweet drinks and foods only for special occasions or with meals. Yes No
- 6.** My child finishes the bottle or nursing BEFORE going to bed. Yes No
- 7.** My child stopped or will stop using a bottle by age 1. Yes No
- 8.** My family does not share toothbrushes. Yes No
- 9.** I help my children younger than 6 years old with brushing. Yes No
- 10.** I brush and floss my teeth and visit the dentist regularly. Yes No

QUIZ SCORE

Give yourself 1 point for each question you answered "yes."

8 - 10 points: Keep up the good work! Practice the "10 Simple Ways" to protect your child's smile, found in this brochure.

0 - 7 points: Your child is not protected from cavities. Practice the "10 Simple Ways" to protect your child's smile, found in this brochure, and make a dental appointment for your child. **If you don't have a dental provider, see information listed on the back of this brochure.**

Family Dental Clinic

Health District of Northern Larimer County
202 Bristlecone Drive
Fort Collins, Colorado 80524
(970) 416-5331

If you live in northern Larimer County, your child may be eligible for dental services at the Family Dental Clinic if you:

- Meet financial guidelines, and
- Have no insurance OR are covered by Medicaid or CHP+ insurance

Need a dentist? You can search for local providers by logging on to healthinfosource.com. If you don't have an Internet connection, you can find computers with free access at your public library.

10 Simple Ways



You Can Protect Your Child's Smile

• Tips for Parents

• Family Dental Checklist

Educational material provided by

Health District
OF NORTHERN LARIMER COUNTY

10 Simple Ways You Can Protect Your Child's Smile



1. Lift the lip

Children change quickly, so it's important to lift your child's lip and look for changes in your child's teeth monthly. If you notice white or brown spots on the teeth, or anything else, call your child's dentist or ask your doctor.



2. Take child to the dentist

Babies should have their teeth checked by a dentist or doctor by their 1st birthday. Twice-a-year checkups are recommended after that.



3. Protect child's teeth with fluoride

Fluoride is a mineral that helps make teeth stronger and better able to fight cavities. Tap water in Fort Collins has fluoride in it. If you do not have city water, ask your dentist if your child might benefit from fluoride drops or tablets.

4. Brush daily

Clean your child's teeth every night before bed. The younger you start, the easier it is to develop the habit. Tip: Place your child's head in your lap to allow for enjoyable and effective brushing.

Clean infant gums and first teeth with a moist cloth or small soft toothbrush and water. We do not recommend that you use toothpaste with fluoride until your child can spit it out.



5. Limit sugar

Bacteria that cause cavities feed on sugar. More sugar = more cavities. Limit milk and juice to mealtimes. Save soda for special occasions. Offer water when your child is thirsty.

6. No bottles in bed

Formula, milk, juice and breast milk cause cavities when left in your baby's mouth while sleeping. If you must give your baby a bottle in bed, fill it with plain water.

7. Wean from bottle to cup by age 1

Begin offering a sippy cup at 6 months. Wean your baby from the bottle by age 1.

8. Don't share germs

Cavities are caused by germs. Bacteria are passed to children through saliva. Avoid sharing toothbrushes with your child. Regular brushing and dental care for you and your children can help lower the risk of spreading cavity-causing bacteria.

9. Help kids brush up to age 6

Pay attention to bedtime brushing and after breakfast as well.

10. Take care of yourself

Your children learn by watching you. Show them that you value a healthy body and a healthy smile. Brush and floss your teeth and make regular dental visits.