

# Is your child at risk for Tooth Decay?

## What you can do...

- **Brush baby's teeth** twice a day with a smear of fluoride toothpaste as soon as the first tooth appears.
- **Introduce a cup** between 6 and 12 months of age to prevent a bottle habit. Tooth decay can be caused by sipping often on liquids other than water.
- **Visit the dentist** six months after the first tooth appears or by the first birthday.



**Free!**

## Ask about your child's risk for tooth decay

They may benefit from fluoride varnish. See your Public Health dental team for details.

