



# Healthy Baby, Healthy Smile

Piiraá'u' Oshkabinoojiinh Hokβiyopa Makadista Hokšičala Baby



It is important to take care of baby's gums and teeth to encourage good dental hygiene. Taking care of their gums and teeth early can protect them from entering kindergarten with dental pain and cavities.

**Cavities are the most common health problem for Indigenous preschool children. They are five times more common than asthma!**

**93% of North Dakota Indigenous kindergarteners have experienced cavities.**

## Protect Baby's Teeth!



Before a baby's first tooth appears, wipe down their gums after every feeding and before bed. This removes germs and sugar that can cause dental problems.



When a baby is 3-6 months, primary teeth begin to erupt and teeth brushing should begin. Brush twice a day with an infant-size toothbrush and only a grain of rice-sized amount of fluoridated toothpaste.



After a baby's first tooth appears or before their first birthday, schedule a visit with a dentist and request fluoride varnish. Preventive visits should occur every six months.



Clean pacifiers with water and never clean it in your mouth. Germs from your mouth can spread to your baby and cause cavities.



Only give breast milk or formula in the bottle and avoid offering sugary beverages in a bottle or sippy cup. Sugary beverages include chocolate milk, sports drinks, fruit juices, soda or flavored drink mixes such as Kool-Aid.



Do not put your baby to bed with a bottle. The sugar from the milk or formula will sit on their teeth or gums all night and can cause cavities.