

# Show-Me *Healthy* Smiles for *Healthy* Life



## **Nutrition Tips for a Healthy Smile**

- Drink water or low-fat milk and stay away from sugary drinks like soda.
- Don't eat too much candy or desserts that are high in sugar and stick to your teeth.
- Eat plenty of fruits and vegetables to promote healthy gums and teeth.



## **Infants**

- You can pass cavity-causing germs to your baby when you put baby's spoon or pacifier in your mouth.
- Clean your newborn baby's gums with a soft, clean, damp washcloth after every feeding, even if no teeth have come in yet.
- Baby begins cutting teeth at around six months old.
- Brush your baby's teeth as soon as the first tooth comes in. Use a small, soft toothbrush and a "smear" of fluoride toothpaste.
- Your baby should have a dental exam by their first birthday.
- Don't put juice, soda or any sweet drinks in baby's bottle or sippy cup.
- Don't put baby to bed with a bottle or sippy cup.





## Children

- Brush your child's teeth two times every day. For children less than five, use a 'dab' (smaller than a pea) of fluoride toothpaste.
- Floss your child's teeth once a day.
- Replace toothbrushes three times a year.
- Check your child's teeth every month for signs of problems (color changes, white spots, irritated gums).
- Take your child to a dentist at least once a year.

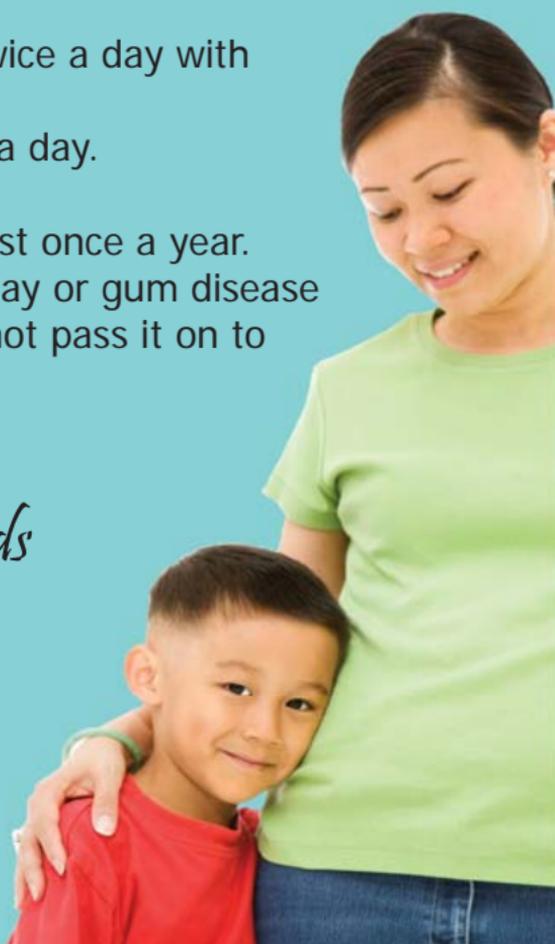
## Women

- Gum disease can occur at anytime during pregnancy.
- Brush your teeth twice a day with fluoride toothpaste.
- Floss at least once a day.
- Don't smoke.
- See a dentist at least once a year.
- Have any tooth decay or gum disease treated so you do not pass it on to your baby.

*Your child depends  
on you for a  
healthy smile!*



[health.mo.gov/oralhealth](http://health.mo.gov/oralhealth)



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