

KNOW THE FACTS

Baby teeth are important!



They help your child:

- *chew food*
- *speak normally*
- *hold space for adult teeth*

Help protect your child's teeth by:

- *Never sharing pacifiers or utensils because bacteria is passed from one mouth to another.*
- *Never putting a baby to bed with a bottle.*
- *Only feeding them milk, water, and healthy food.*
- *Wiping baby's gums with a clean, damp washcloth. Once the first tooth appears, brush teeth gently with a child-size toothbrush.*

Schedule your baby's first visit to a dentist after first tooth appears and before first birthday.

Learn more about the importance of Baby Teeth at:

MouthHealthy.org

health.mo.gov/living/families/oralhealth/



Office of Dental Health
(573) 751-5874
oralhealth@health.mo.gov

An EO/AA employer: Services provided on a nondiscriminatory basis. Individuals who are deaf, hard-of-hearing, or have a speech disability can dial 711 or 1-800-735-2966.

#189 10-2019