



Baby Teeth are Important

You play an **important role** in caring for your child's baby teeth

- Children do not need juice; choose whole fruit or water instead of juice. Transition your child to an open cup by 12 months of age and avoid using sippy cups.
- Provide healthy foods and limit sugary snacks
- Brush your baby's teeth twice a day. Use a rice-sized grain of fluoride toothpaste if recommended by a dental professional or your local health department.
- Schedule your baby's first dental visit by age one

For more information please visit **Ontario Association of Public Health Dentistry** at www.oaphd.on.ca or contact your local health department.

Please contact us for more information
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