

Your CHILD'S TEETH matter!

Starting at BIRTH

WHEN should my child visit the DENTIST?

- Take your child to the dentist for a health exam by their **FIRST birthday**, and keep taking them.
- If your child has not gone to the dentist, take him.
- Ask your dentist what you can do to keep your mouth and your child's mouth healthy.
- Make sure to take your child **as often as your dentist would like you to go**.



As the American Academy of Pediatrics (AAP)

and other children's groups say, tooth decay (also called early childhood caries, or ECC) is the most common lifelong children's disease in the country. As a result, it is vital that parents work with their child's doctor to start good oral health habits from the first weeks of their baby's life.

WHY is it IMPORTANT?

When kids have a healthy mouth they:

- Can speak clearly
- Can eat healthy foods
- Feel good about themselves
- Are less likely to miss school due to dental pain
- Are less likely to develop cavities in their adult teeth

Having a healthy mouth also means:

- Healthy growth and development
- Being able to focus and learn
- A pain-free mouth

Baby teeth are JUST AS IMPORTANT as adult teeth.



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