

Baby Teeth Are Important

Did You Know?

Never think they are just baby teeth! They have important jobs to do—they help children eat foods, form words, and hold a healthy space for adult teeth.

Take the Healthy Mouth Challenge!

I will:

- Ask family, friends, or my home visitor for the name of a dentist who works with young children.
- Schedule my baby's first dental visit by his/her first birthday and follow the first visit with regular checkups..
- Hang the "My Baby's Teeth Are Important" sign in the bathroom to help remember to wipe baby's gums or brush every morning and night (as soon as he/she gets teeth!)



My baby's teeth are important and I will help keep them healthy!

Sing "If You're Happy and You Know It" with the following verses while wiping baby's gums or brushing his teeth:

If you're healthy and you know it brush your teeth! If you're healthy and you know it brush your teeth, if you're healthy and you know it and you really want to show it, if you're healthy and you know it brush your teeth!

If you're healthy and you know it shout, happy teeth! If you're healthy and you know it wipe baby's gums! If you're healthy and you know it smile big!

