



**Baby Teeth are Important for**  
 Chewing • Speaking • Spacing of Permanent  
 Teeth *and* Overall Health

**Baby Those**  **Baby Teeth**  
 Healthy Teeth. Healthy Child.

**4 Steps to Baby  
 Your Baby's Teeth**

- ▶ **Brush your child's teeth** after feeding and at bedtime
- ▶ **Prevent tooth decay** — don't share foods, drinks, forks, spoons, or toothbrushes — don't put your baby to bed with a bottle or overuse sippy cups
- ▶ **Make sure your child has fluoride** in toothpaste, water, or from the doctor
- ▶ **Feed your child healthy foods** like cheese, yogurt, peanut butter, vegetables, and milk

*Make an appointment for your child to see the dentist beginning at age 1*

**For additional information regarding your child's oral health, please call:**

Your child's  
 dentist or doctor

Mott Children's  
 Health Center,  
 Department of  
 Pediatric Dentistry  
 (810) 768-7583

Hamilton  
 Community Health  
 Network  
 (810) 785-0863  
 (810) 743-6830

Genesee District  
 Dental Society  
 (810) 230-3790



A project of the Greater Flint Health Coalition in partnership with Mott Children's Health Center and other Genesee County organizations, including Hurley Medical Center.

**For additional project information, call 810-232-2228.**