



Access to Baby
and Child Dentistry



Cavity Free TIPS

- Start early by cleaning your baby's gums
- Use fluoride toothpaste: age appropriate
- Brush twice a day, especially at bedtime
- Change toothbrushes every 3-4 months
- Use fluoride tabs or drops
- Look into fluoride varnishes
- Choose healthy snacks
- Drink more water and avoid sweet drinks
- Ask your dentist about sealants
- Check your child's teeth for white or brown spots
- See your dentist regularly

**Whitman County
Health Department
397-6280**