Prevent Childhood Cavities

Dental Decay (cavities) is the #1 most common disease of children. It affects 1 out of 4 children by the time they are 4 years old.

More than “Just Baby Teeth”
Your children will have their baby teeth for 11 important years!

Baby teeth are important to:
• Talk well
• Chew food
• Hold the space for new adult teeth
• Build a child’s self-esteem

Early childhood tooth decay and tooth pain can cause:
• Hospitalizations to fix the teeth
• Emergency room visits for pain
• Poor diet
• Loss of school days
• Bad behavior
• Poor learning

ARKANSAS DEPARTMENT OF HEALTH
What Causes Tooth Decay?

Bacteria and Sugar

Protect your child’s teeth!

• Brush teeth twice a day - as soon as the first tooth appears!
• Just use a smear of toothpaste for children under the age of 3.
• Limit how often your child has sugary drinks or snacks.
• Do not put your baby to bed with a bottle.
• Drink water out of the faucet. (Bottled water does not have fluoride.)
• Take care of your own teeth - germs from your mouth can be passed to your child and cause tooth decay.

Take your baby to see a dentist by age one and ask for Fluoride Varnish.