

If you give baby a bottle:

Try not to give Baby a bottle when he is in his crib.

If you give Baby juice, make sure it is 100% real juice and don't give him more than 4 ounces each day.

Your goal: to stop
bottles completely by his
first birthday.

The health of your
child's adult teeth
depends on the health
of his baby teeth.
Start now!

Paahpihkwei!!!
Keep smiling!!!
Garde ton sourire!!!



CH-48

Version française disponible



Begin Dental Care Early

My first tooth!



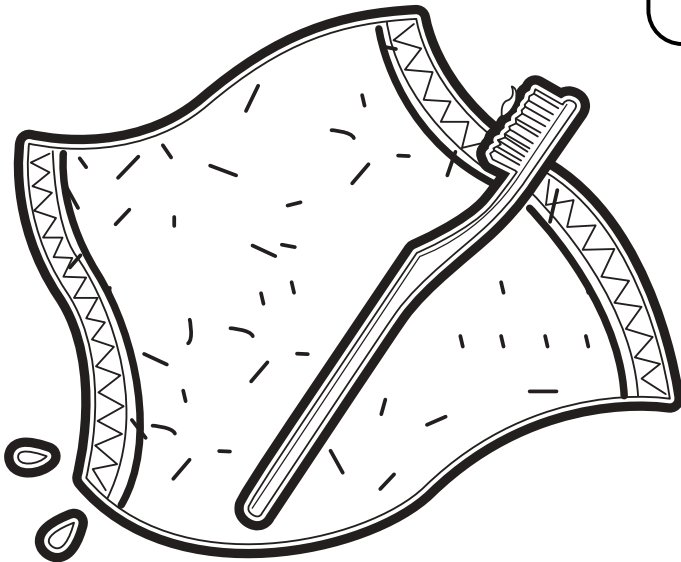
Conseil Cri de la santé et des services sociaux de la Baie James
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Cree Board of Health and Social Services of James Bay

Teething

Clean your baby's tooth with a moist cloth or baby toothbrush after every feeding.

Use an amount of fluoride toothpaste about the size of a grain of rice.

Don't forget to clean the gums behind the teeth.



Your baby may be irritable, have less appetite and drool more.

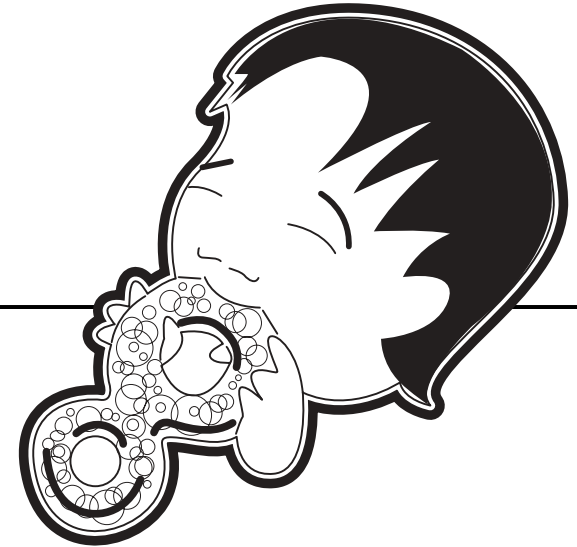
Teething may cause a small temperature increase but should not cause diarrhea. If your child has a fever or seems sick while teething, contact the clinic.

Help your baby feel better:

Massage his gums lightly with a clean cloth.

Give him a cool and clean teething ring.

Let him chew on a moist and clean cloth you had previously put in the freezer.



Start giving the baby fluoride vitamins each day as soon as his first tooth appears.

Be careful!

Teething biscuits = Sugar + Sugar + Sugar...

Choose healthy snacks instead.

Together with the Public Health Dental Prevention team: aiming for a cavity-free generation!