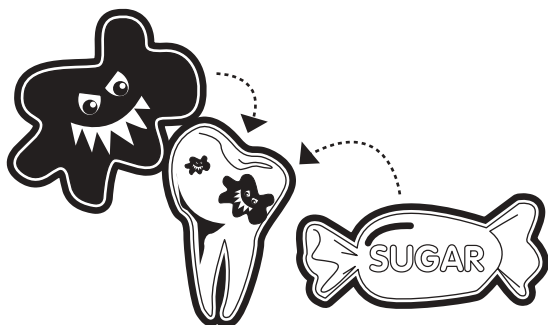


If you're giving
your child fluoride
vitamins, remember
to do it every day!



Sweets

Keep sweets for special occasions!

If it is not possible to brush her teeth when she eats sweets, rinse her mouth with water.

Sugar, bacteria and time are responsible for tooth decay.



CH-50

Version française disponible



Began Dental Care Early

I Have All My Baby Teeth!



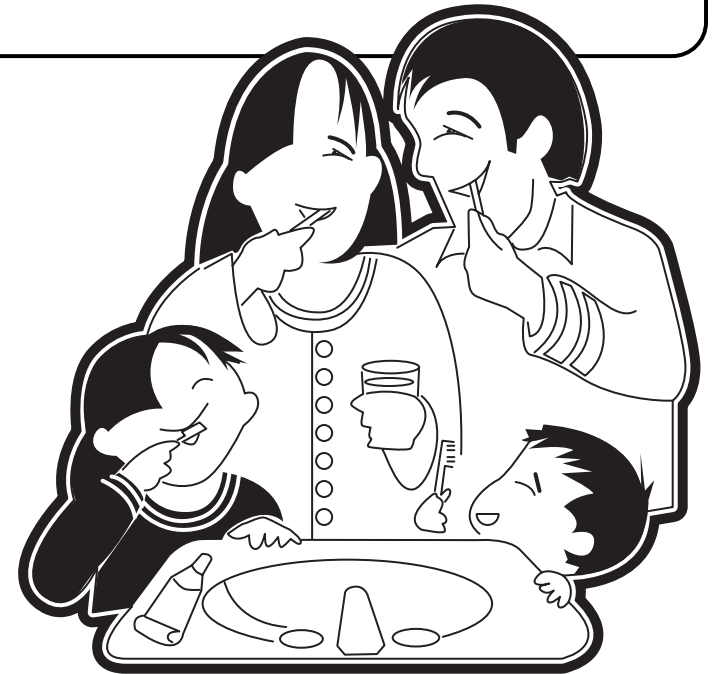
Conseil Cri de la santé et des services sociaux de la Baie James
Cree Board of Health and Social Services of James Bay

Healthy baby
teeth are
important
because they:

- ▶ help adult teeth come out nice and straight.
- ▶ help your child speak clearly.
- ▶ allow your child to chew hard foods.
- ▶ make a beautiful smile.

Help your child brush her teeth properly!

- ▶ Children imitate their parents.
- ▶ If you brush your teeth every day, your child will learn good habits.
- ▶ Brush your teeth together after meals and before bedtime.
- ▶ Before bedtime, check her brushing and finish it yourself. That is the best way to make sure her teeth are cleaned properly at least once a day.
- ▶ Your child should have her own toothbrush. Let her pick the colour she likes.
- ▶ Change her toothbrush every 3 months.



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