

A black and white line drawing of a doctor in a white coat examining a baby. The mother is reclining in a chair, holding the baby. The doctor is leaning over the baby, examining its head. The scene is set in a clinical or hospital environment.

Now is the time
for a **first visit**
to the dentist.

A cartoon illustration of a smiling tooth character with arms and legs, wearing sneakers and holding a large toothbrush. A speech bubble above the character contains the text: "Paahpíhkweí!!!", "Keep smiling!!!", and "Garde ton sourire!!!".

Paahpíhkweí!!!
Keep smiling!!!
Garde ton sourire!!!



Begin Dental Care Early

Already One Year Old!

Version française disponible

Design et illustrations : le Zeste graphique



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

If you are breastfeeding, keep it up!

- If you are still giving bottles to your baby, it's time to stop!
- Your baby is able to drink from a training cup.
- It is easier for your baby to stop the bottle during the day and at night right now. If you wait, your baby will find it difficult to stop.
- If your baby still drinks from a bottle, fill it with water only. Keep in mind that bottles filled with sweet liquids can increase the risk of having cavities, especially if given at night.



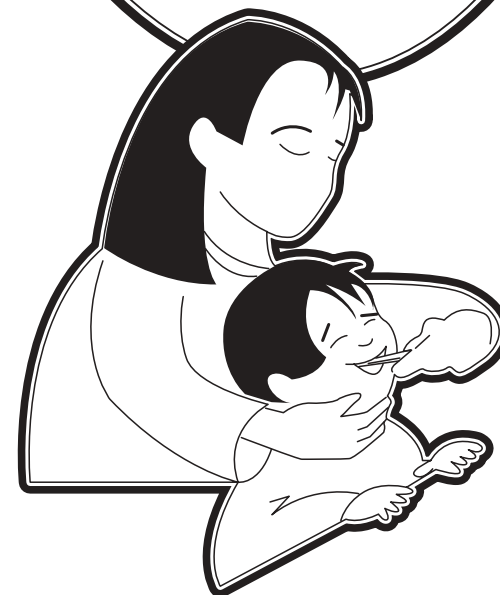
What is «Early Childhood Caries» or «Baby Bottle Syndrome»?

- ▶ It is a cavity that usually forms on the upper front teeth when your child is between 0 and 3 years old.
- ▶ It starts as a yellowish patch and becomes darker.
- ▶ It progresses rapidly.
- ▶ Final result: rotten teeth.



To prevent cavities:

- ▶ Try not to give baby a bottle in his crib. Stop bottles when she is one year old.
- ▶ Brush her teeth with fluoride toothpaste (an amount about the size of a grain of rice) after each meal.
- ▶ Try not to feed your child sticky foods. Candy should be kept for special occasions. If it is not possible to brush your child's teeth, rinse her mouth with water.



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