

Good dental prevention
starts before the first
baby tooth appears.

Breastfeed your
baby as long as you
can (at least 1 year).



CH-47

Version française disponible



**Begin Dental
Care Early**

Baby arrives!

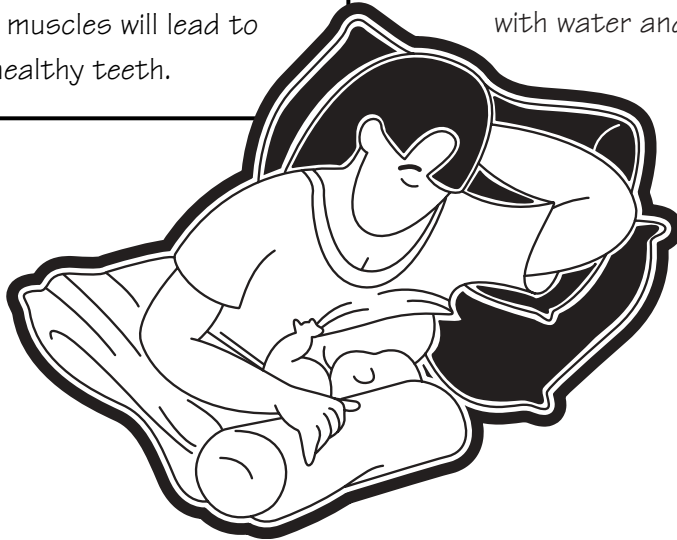
Design et illustrations : Le Zeste graphique



Conseil Cri de la santé et des services sociaux de la Baie James
σ ∫ d ∫ a b ∫ ∆ ∇ ∆ ∙ ∙ ∆ a ∙ ∙ ∆ a b ∇ C ∙ b σ ∫ ∫
Cree Board of Health and Social Services of James Bay

Why is breastfeeding best for your child's teeth?

- ▶ Mother's milk is the best choice for your baby to have strong and healthy teeth.
- ▶ Latching onto the breast is natural and helps the muscles develop in your baby's jaw and tongue.
- ▶ Strong mouth muscles will lead to straight and healthy teeth.



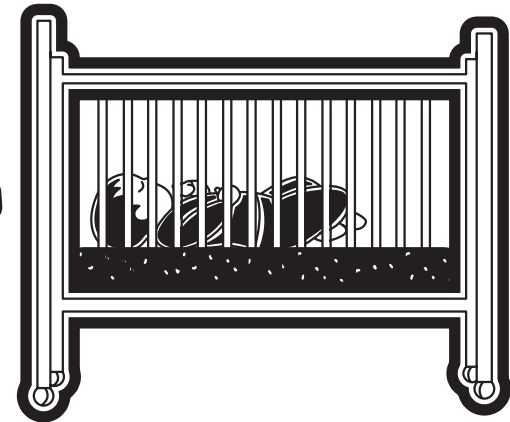
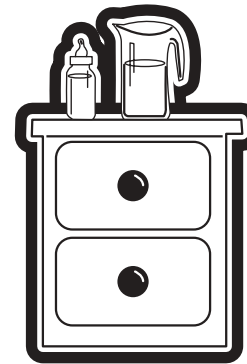
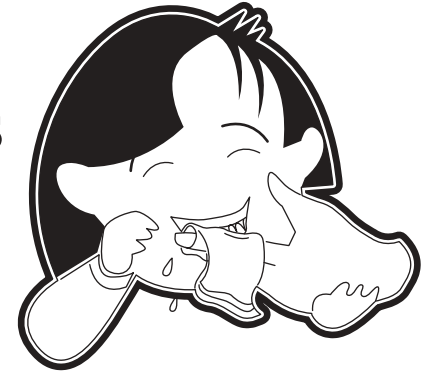
Don't forget to massage your baby's gums after every feeding!

Why?

The bacteria (germs) that stick to the gums are the same ones that cause cavities.

A good way to get rid of them is to cover your finger with a damp cloth and massage your baby's gums. This will help your baby's teeth to come out and will reduce gum pain.

At night, if you give your baby a bottle of sweet liquid (juice, tea and even milk) it can cause severe cavities on your child's future teeth. If you must give your baby a bottle, fill it only with water and try not to give it to him while he is in his crib.



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