

# Healthy Smiles Project



## You and Your Baby's Teeth

### *Did you know?*

- Baby teeth decay easily and they need care.
- Dental cavities are caused by germs. Food and drinks with sugar help germs grow.
- Mothers can pass germs by:
  - Sharing eating utensils – cups, glasses, and spoons
  - Tasting child's food
  - Sharing toothbrushes
- Your child is most likely to get these germs when teething (12-30 months).

### *What can you do?*

- Clean your baby's teeth every day.
- Don't put things in your mouth and then put them in your baby's mouth.
- Make your own dental health important to reduce germs in your mouth. Your child should see YOU caring for your teeth.



Medical Assistance Administration

**Children's**  
Hospital & Regional Medical Center  
[www.seattlechildrens.org](http://www.seattlechildrens.org)

**DELTA DENTAL**  
Washington Dental Service  
Foundation