

# KNOW THE FACTS

## Baby Teeth Are Important!



### Baby teeth help your child:

- Chew food.
- Speak normally.
- Hold space for adult teeth.

## Help protect your child's teeth by:

- Never share pacifiers or utensils because bacteria can be passed from mouth to mouth.
- Never put a baby to bed with a bottle.
- Only feed baby milk, water, and healthy food.
- Wipe baby's gums with a clean, damp washcloth.
- Once the first tooth appears, brush teeth gently with a child-size toothbrush two times a day. Use a tiny smear of fluoride toothpaste.

**Schedule your baby's first dental visit after the first tooth appears and before his/her first birthday.**

**Learn more about the importance of baby teeth at:**

[MouthHealthy.org](https://MouthHealthy.org)

[health.mo.gov/living/families/oralhealth/](https://health.mo.gov/living/families/oralhealth/)



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