

# Pregnant?

It's never too early to  
protect your baby's teeth.



ActNowBC

Bacteria causes tooth decay  
and can be transferred  
from your mouth to  
your baby's mouth.

So, keep your teeth  
clean and healthy while  
pregnant and after the  
birth of your baby, and  
see your dentist regularly.



When should I take my  
baby to see a dentist?



ActNowBC

To prevent tooth decay,  
take your baby to the  
dentist by their first  
birthday or as soon as  
their first tooth comes in.



How do I care  
for my baby's teeth?



ActNowBC

Brush baby teeth  
twice a day with a  
tiny dab of fluoride  
toothpaste to prevent  
tooth decay.



Is nap time a  
good time for milk?



ActNowBC

Putting a child to sleep  
or soothing a child with  
anything but water  
can cause tooth decay.





When can I stop giving  
a bottle to my child?



ActNowBC

To prevent tooth decay,  
replace bottles with cups  
when your child is old  
enough to sit up  
for meals and snacks.

