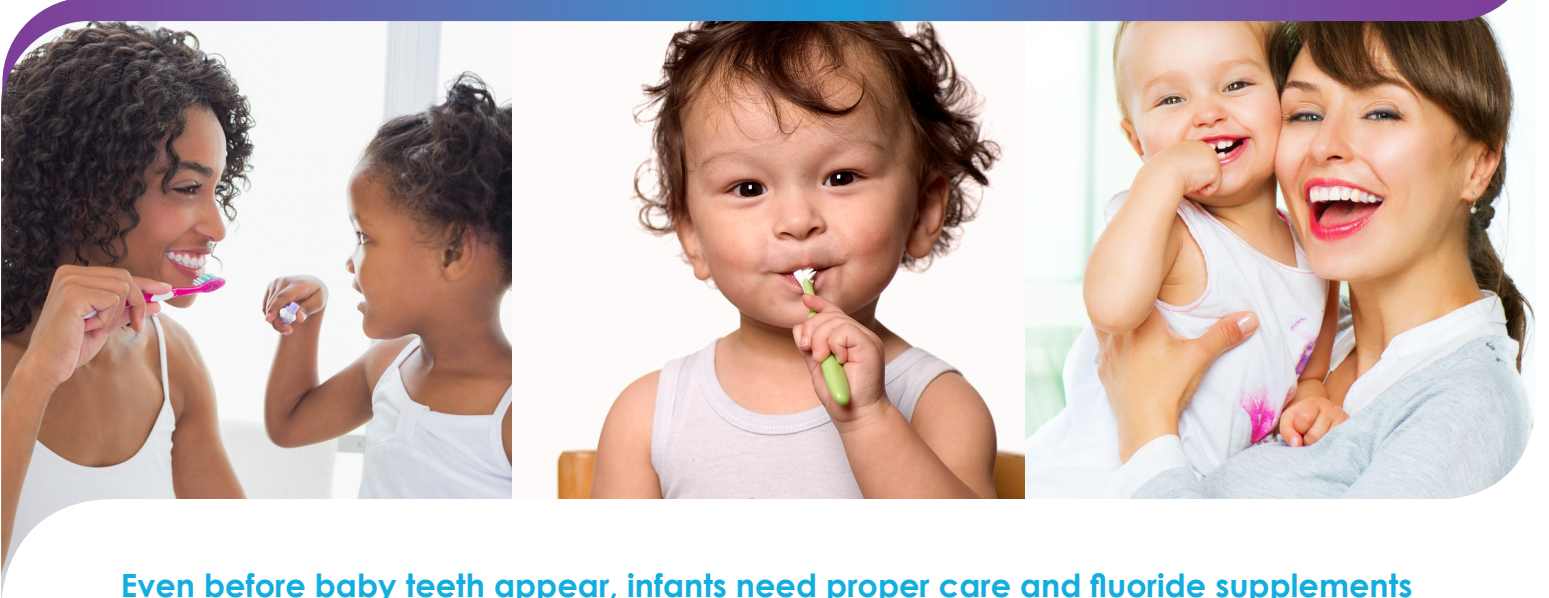




# KidCare

LIBERTY cares about more than just teeth!

## Child's 1st Year Dental Care



Even before baby teeth appear, infants need proper care and fluoride supplements to help developing teeth grow strong and avoid future tooth decay.



**Clean** Parents - clean your infant's mouth and gums regularly with water and a soft infant toothbrush or cloth.



**Checkup** Your infant's first dental checkup should be before he or she reaches one year old. This early dental visit can actually help your child be more comfortable at future visits and save you money. **FACT:** A study in the Journal of Pediatrics showed that children who have their first visit before age one have 40% lower dental costs in their first five years than children who do not, due to the increased cost of dental and medical procedures that may be necessary as a result of early poor oral health.



**Brush** Baby teeth should be brushed at least **two minutes/twice a day** with an age-appropriate sized toothbrush. **IMPORTANT:** Use only a small amount of fluoridated toothpaste the size of a pea. Check [2min2x.org](http://2min2x.org) for more children's oral health information



**Prevent** **1 in 4** elementary school children have tooth decay. Talk to your dentist about how you can help prevent cavities. **Tooth decay is the most common and yet preventable disease in children.**

American Academy of Pediatric Dentistry  
[www.aapd.org](http://www.aapd.org)



**Fluids** Parents - encourage your infant to drink from a cup as they approach their first birthday. Infants should be weaned off a bottle by 12-14 months of age. **VERY IMPORTANT TIP:** If you give your child a bottle at bedtime, only give water - no milk, formula, juice or sweet drinks because these fluids (even those that don't seem sweet) can cause widespread and serious tooth decay.



**Fluoride** Infants older than six months may need fluoride supplements if their drinking water does not contain enough fluoride. **FACT:** Fluoride supplementation for infants has been shown to reduce tooth decay by as much as 50%.