

# NUTRITION

On Your  
Own

Self-Paced Lesson

SP-000-15 9/2004



## Your Baby's Beautiful Teeth

Your child can have beautiful teeth all of her life. You can help her get the start she needs to keep smiling. Take this quiz to learn how to care for your child's teeth. Circle the correct answer.

1. It is OK to let your child keep a sippy cup with her so she will not get thirsty.

True

False

*False.* Constant drinking from a sippy cup, or any container holding a drink with sugar, can cause cavities. Juice, formula, breastmilk, and cow's milk all have sugar in them. When your child holds a drink in her mouth, the sugar in the drink sits on her teeth. Bacteria then feed on the sugar. The bacteria and sugar can eat into the enamel on your child's teeth causing cavities. This tends to happen when your baby keeps a bottle or sippy cup in her mouth for a long time. Limit the time your baby spends with the bottle or sippy cup to mealtimes or snack times.

2. Juice is such a healthy drink that my baby can have all that she wants.

True

False

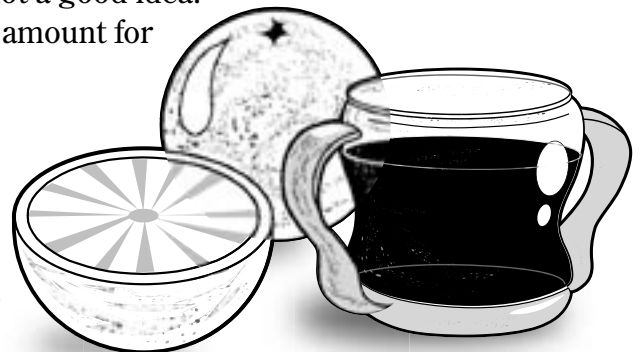
*False.* Juice is a healthy drink, but too much of it is not a good idea. No more than four ounces of juice a day is a healthy amount for older babies and toddlers.

3. Water will not give your baby cavities.

True

False

*True.* Water does not have sugar in it, so it cannot cause cavities. If your baby needs to hold something to drink for a period of time, give her water.



4. Getting your baby off the bottle at around 1 year of age will help to keep your child's teeth in beautiful shape.

True                      False

*True.* Getting your toddler off the bottle will help to protect your child's teeth.

5. I can give my baby germs that will rot her teeth.

True                      False

*True.* Kissing or sharing food spreads germs. Some of those germs can cause teeth to rot. You can help to keep your baby's teeth healthy by keeping other people's germs out of her mouth. Keeping your own teeth clean and healthy will also protect your baby's mouth.



6. If baby teeth decay, it will not matter. Permanent teeth will grow just fine without them.

True                      False

*False.* Baby teeth help your child eat until the permanent teeth come in. They also help permanent teeth grow in straight. If they are lost too early, the permanent teeth can come in crowded or out of line.

7. Cleaning a baby's gums and teeth helps to keep them healthy.

True                      False

*True.* You can clean your baby's gums and teeth with a soft cloth. Do this at least once a day. This will get your baby used to cleaning her teeth, and it will help to keep her baby teeth from getting cavities.

8. A baby can have her first dental checkup at 1 year.

True                      False

*True.* Seeing a dentist at a year will help to keep your baby's teeth in beautiful shape. Ask your WIC staff, your doctor, or your clinic for a dentist's name. Or call 1 (877) 847-8377 if you are on Medicaid, or 211 if you are not on Medicaid.

What are you going to do to keep your child's teeth beautiful and healthy?

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