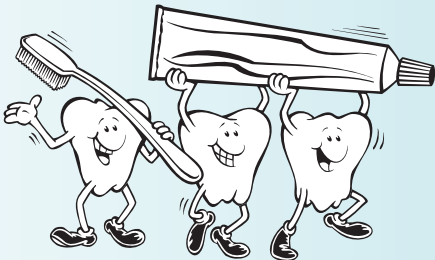


A Healthy Smile for You and Your Family



Nutrition Tips for a Healthy Smile

- Breastfeed your baby.
- Don't put juice, soda, or any sweetened drinks in baby's bottle.
- Drink water or low fat milk instead of soda and other sugar-type beverages.
- Avoid food high in sugar and foods that stick to your teeth.



Dental diseases are infections and they can be prevented.

Women

- Brush your teeth twice a day with a fluoride toothpaste.
- Floss at least once a day.
- See a dentist regularly.
- Have any tooth decay or gum disease treated so you do not pass it on to your baby.
- Don't smoke.
- Don't share spoons or other utensils once they have been in your mouth.



Children

- Brush your child's teeth twice a day with a small "smear" of fluoride toothpaste.
- Floss your child's teeth once a day.
- Take your child to a dentist for regular visits.
- Talk to your child's dentist or health care provider about fluoride varnishes and dental sealants.



Infants

- Clean your baby's gums with a soft, clean washcloth.
- Don't clean a baby's pacifier by putting it in your mouth.
- Don't put baby to bed with a bottle.
- Wean your baby off the bottle by 14 months.
- Get your baby a dental exam by age 1.



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