



Take your child to the dentist by age 1

Learn more

To learn more about taking care of your baby's smile — and to find a dentist who will see young children — visit deltadentalsd.com/dentistby1

Remember, take your child to the dentist by 1. And let others know it's important to take care of their baby's smile.

dentist by 1™

Cavities are nearly 100% preventable.



Delta Dental of South Dakota

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Protect your baby's smile

Visit a dentist by age 1 or within six months after the first tooth comes in. Visiting the dentist by age 1 helps you:

- Get to know the dentist.
- Learn how to prevent cavities that can cause your child pain and serious health problems.
- Know who to call if your child has an emergency.
- Save money by learning healthy habits and catching problems early.

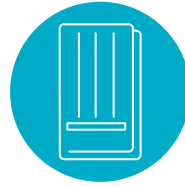


How to care for your baby's smile



Visit dentist by 1

Your baby should see a dentist within six months of getting the first tooth or before the first birthday.



Clean gums

Clean your baby's gums with a damp washcloth after eating and drinking.



Brush teeth

Once the first tooth shows up, use a soft toothbrush and fluoride toothpaste the size of a grain of rice to brush your baby's teeth and gums. Brush in soft, gentle circles two times a day.



No bottle in bed

Don't let your baby sleep with a bottle at nap time or at night.



Give milk or water

Give your child white milk or water. Do not give your child drinks with added sugar, such as soda, juice or flavored milk.



Don't share forks, spoons or food

If you put food or eating utensils in your mouth, do not put them in your child's mouth to avoid spreading germs that can cause cavities.



Baby's first visit to the dentist

At the first checkup, the dentist will:

- Check your child for cavities.
- Show you how to brush your baby's teeth.
- Teach you about food, drinks and habits that can cause cavities.
- Discuss fluoride options.
- Check your child's bite, growth and development.
- Give you information to prevent accidents as your baby grows.