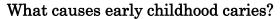
Early Childhood Caries

(baby bottle tooth decay or nursing bottle mouth)



What is early childhood caries?

- Early childhood caries or baby bottle tooth decay is the decay of an infant or young child's teeth.
- The natural and added sugars in sweetened liquids change into an acid by the germs that are in the mouth. This causes the teeth to rot.



- When a baby falls asleep with a bottle that contains milk, formula, juice, other sweetened drinks or falls asleep while breastfeeding the liquid pools around the teeth. This can cause serious decay in their teeth.
- Dipping a pacifier in sugar or honey or other sweetened liquids, which exposes baby teeth to sugars, can also cause decay.





What should I do if I'm pregnant?

- See a dental professional at least once during the early months of pregnancy—keep your teeth & gums healthy.
- Brush & floss twice daily.
- Good health starts with a smart mouth, take care of yours, so you can take care of your baby's.



What can I do to keep my baby's teeth healthy?

- Have your child finish their drink before going to bed. Then wipe your baby's gums with a clean cloth.
- Brush your child's teeth with water as soon as the first tooth appears.
- Teach your child to drink from a cup instead of a bottle by their first birthday.
- Do not to use a bottle as a pacifier, but if you do, give them water in the bottle instead of sweet liquids.
- Do not put the baby's spoon or pacifier in your mouth because it can pass germs from your mouth to your baby's mouth.

