Toddlers - Safety first
Falls and bumps, while learning to walk, can damage new teeth.

Prevent falls and damaging teeth:
• Safety gates on stairs.
• Use car seats ALL the time.
• Use helmets when riding on bikes and tricycles.
• Use safety belts in shopping carts.
  ✓ Never leave your baby or toddler unattended.

Protect early walkers from injury:
• Remove furniture with sharp edges.
• Keep a hand ready to steady.

Accidents happen.
• Have a dentist you can call and visit.

Resources for Dental Care
• Call 211
• Snohomish Health District
  www.snohd.org

From the home page, find dental resources under Oral Health in the Community Health Division, or from the Index A-Z, select the letter “D” for Dental Care or “O” for Oral Health.

425.339.5219 (recorded list)
Ask about the list of dentists that currently accept Medicaid or provide low cost dental care.

• WithinReach
  www.parenthelp123.org
Online eligibility for Medical/dental coverage.

Snohomish Health District
Healthy Communities and Assessment
Oral Health Program
3020 Rucker Avenue, Ste 206
Everett, WA 98201-3900
425.339.5219
**Feeding Practices**
- Bottle feeding after 14 months?
  ✓ Ask an expert about weaning.
- Breastfeeding after 24 months?
  ✓ Frequent food and drinks can be associated with tooth decay.

**Growing up – Eating together**
- Eating is a family affair.
  ✓ Sit together for meals and snacks
- Let children serve and eat by themselves.
- Serve a variety of food.
- Offer children food they can pick up.
- Avoid grazing. Serve 3 meals and 2 snacks during the day.
- Offer snacks with food from two different food groups:
  ✓ Cereal and milk
  ✓ Toast and peanut butter
  ✓ Cheese and crackers

**Pacifiers and Thumb Sucking**
- Keep the pacifier out of sight when your toddler is not using it.
  ✓ Ask your dentist about stopping around age four.

**Cleaning your Toddler’s Teeth**
- You brush your child’s teeth until they are 7 or 8 years old.
- Children don’t brush well enough by themselves.
- Let children brush their teeth too, as soon as they want to hold the toothbrush.
- Brush with no more than a pea size amount of fluoride toothpaste when your child is 2 years old.

Ask your dentist about:
- Your child’s risk for tooth decay
- If at risk for tooth decay
  ✓ Fluoride supplements if no fluoride in water
  ✓ Fluoride treatments drinking water

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**Toddlers**
By age 3, most children will have their first set of teeth. These are not lost until they are 10-12 years old.

**Healthy baby teeth = Healthy adult teeth**
Some children may already have cavities.

**Early tooth decay**
Look at your child’s teeth.
- Lift the lip.
- If you see any spots along the gumline, make an appointment with a dentist.