



Cavities are nearly  
.....  
*100% preventable.*

Take your child to the  
dentist by 1.

 **DELTA DENTAL®**

# How to care for your baby's smile

- **DENTIST BY 1:** Your baby should see a dentist within six months of getting the first tooth or before the first birthday.
- **CLEAN:** Clean your baby's gums with a damp washcloth after eating and drinking.
- **BRUSH:** Once the first tooth shows up, use a soft toothbrush and water 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 milk or water. Do not give your child drinks with added sugar, such as soda or juice.
- **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.



Dentist By 1™

Cavities are nearly 100% preventable.

Protect your  
baby's smile.



## Baby's First Visit to the Dentist

At the first check-up,  
the dentist will:

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

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.



Know who to call if your child  
has an emergency.



Learn how to avoid cavities that can  
cause your child pain and serious  
health problems.



Save money by learning healthy  
habits and how to care for your  
baby's teeth.



## Learn more

To learn more about taking care of your baby's smile, visit [DentistBy1.com](https://DentistBy1.com).

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™

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Delta Dental of New Jersey Foundation

The American Academy of Pediatric Dentistry recommends a child should visit the dentist by age 1. Not all Delta Dental dental plans offer coverage at age 1. Please check your benefits for your dental plan coverage.