

# Free Infant Oral Health Information

As part of Delta Dental Foundation's mission to improve oral health for all Coloradans, we are committed to preventing oral disease in mothers and babies. Your advice and direction are invaluable in educating mothers, so we would like to offer **free infant oral health cards** to help promote this dialogue with your patients.



**Are you giving  
tooth decay to your baby?**

If you have cavity-causing germs in your mouth, you can easily pass those to your baby. Sharing utensils, cleaning a pacifier with your mouth or other activities that share saliva can pass germs that could cause problems for your baby's earliest teeth.

See your dentist regularly to keep your mouth clean. Studies actually show that mothers who have healthier mouths have a lower chance of passing cavity-causing germs along to their babies.

## Oral Health for Infants

Did you know your baby's oral health care should start from birth, even though your child doesn't have any teeth yet? Dental disease is the most chronic childhood disease in the U.S. but is nearly 100% preventable. Start now to ensure your child grows up with a healthy smile.

- ✓ Clean baby's gums with a washcloth each morning and night.
- ✓ When baby's teeth appear, begin brushing with a small, soft toothbrush without toothpaste and use washcloth for gums.
- ✓ Check baby's teeth regularly for any spots or stains. See a dentist if you notice changes.
- ✓ Prevent severe tooth decay - never leave your child unattended with a baby bottle, even at bedtime. Do not dip a pacifier in sweetened liquids.
- ✓ Make baby's first dental appointment by age one.
- ✓ Schedule regular dental appointments for Mom to avoid passing cavity-causing germs to baby.

**A healthy baby  
has a healthy mouth**

**To learn more and find  
dental resources, visit  
[www.bearmortmouth.com](http://www.bearmortmouth.com)**

**DELTA DENTAL**  
Delta Dental of Colorado Foundation

**To order, please contact Tracy Boyle by October 1 with requested quantities in English and Spanish:**

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