

## Prevent Cavities:

Woodburn pediatric Clinic is dedicated to your child's oral health!



Tooth decay can cause pain and discomfort, eating and speech problems and poor self-image.

## Ingredients for good oral health:

- Toothbrush and fluoride toothpaste for toddlers
- Healthy diet
- Avoid sugary drinks
- Make sure your child is getting enough fluoride each day

## Preparation:

- Start early to protect your child's teeth
- Put your child to bed without a bottle
- Clean baby's teeth and gums with a soft washcloth
- Begin offering a cup at 6 months of age
- Talk with your doctor about fluoride varnish application offered at Woodburn Pediatric Clinic

## Tips:

Be aware of the importance of oral health for you and your baby! Know if your area has fluoridated water.