

Healthy Teeth Checklist



- 1 Delaying weaning from breastmilk/formula.
- 2 Drink sweet drinks from a sippy cup (juice, sports beverages, etc)
- 3 Snack 3 or more times throughout the day.
- 4 Mainly drink sweet beverages.
- 5 Unable to adequately brush child's/children's teeth.
- 6 Eat lots of sweets such as candy, gum, and chocolate.
- 7 Eat or drink right before going to bed or in the middle of the night.
- 8 Snacking while watching TV or playing.
- 9 Always having food in your mouth.



The more of these items you engage in, the more in danger you are of developing cavities.

What does "CO" mean?

This might turn into a cavity.



The calcium in the tooth is decaying (white spots)



If you let the decay continue, a hole will form and become a cavity.



Preventive Measures

- 1 Get routine fluoride treatments
- 2 Lower how often you eat and drink
- 3 Thoroughly brush the white spots of your teeth
- 4 Use fluoride toothpaste
- 5 Set up routine dental care

Tooth decay can be prevented from developing into a cavity through changing your eating and brushing habits

