Healthy Teeth, Happy Smiles

BOOKS

“Brush, Brush, Brush” by Children’s Press
This rhyming board book for the very youngest children emphasizes brushing teeth.

“Eating the Rainbow” by Rena D. Grossman
Babies will learn about colors and eating healthy foods from photographs.

“Molly at the Dentist” by Angie Sage
In a lift-the-flap story, a little monster visits the dentist for the first time.

“My Teeth” by Richard Steckel
In this board book, count the teeth of babies and toddlers from all around the world.
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Promise to My Tooth
(To the tune of Twinkle, Twinkle, Little Star)

Twinkle, twinkle little tooth,
Here’s a promise just for you:
I will keep you from decay
I will brush you every day.
Twinkle, twinkle little tooth,
That’s my promise just for you.
Thanks for shining!

Important Dental Health Tips

• Healthy baby teeth:
  ~ Allow your child to chew and eat properly.
  ~ Help your child speak clearly.
  ~ Shape your baby’s face.
  ~ Guide adult teeth into place.

• Gently clean baby’s teeth and gums with a small soft toothbrush or clean damp cloth after meals.

• If you give your baby a bottle at bedtime or naptime, fill it with water only.

• Make sure a dentist or doctor checks your baby’s mouth by baby’s first birthday.