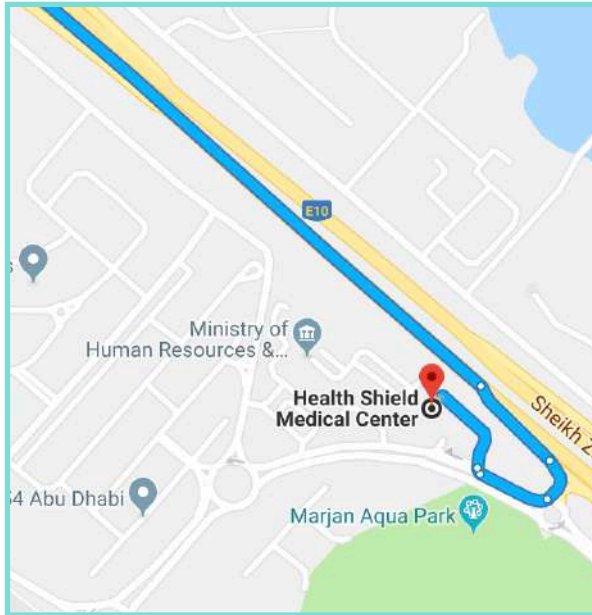


مركز هيلث شيلد الطبي.
Health Shield
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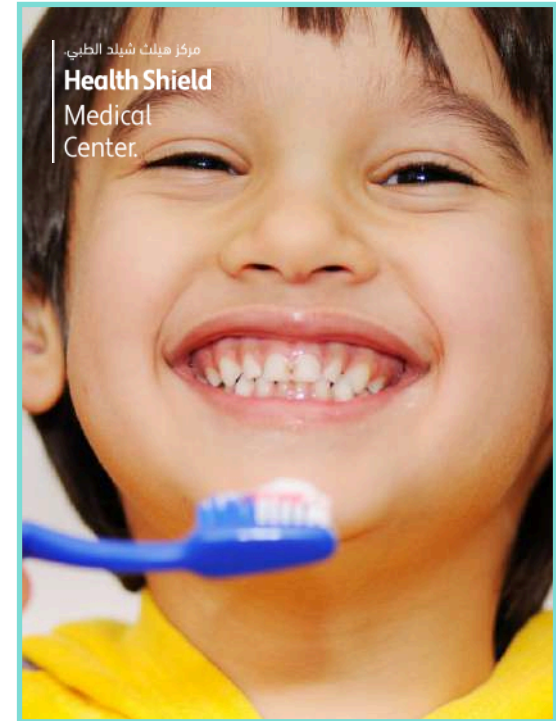


Ministries Complex
+971 2 626 5277 and +971 2 698 9999
www.healthshield.ae

Part of the Capital Health Network



Keep Your Child's Mouth Healthy



Healthy mouths are important—
even for babies and young
children.



General Guidelines

CLEAN: Clean your baby's gums before teeth come in. Once teeth come in, brush with fluoride toothpaste twice a day, every day, especially before bed.

VISIT DENTIST: First visit by first birthday.

NO BOTTLE IN BED: Do not lay your baby down 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, juice, or punch.

DO NOT SHARE FOOD SPOONS OR FORKS: 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.

- Poor oral health can cause your child to have problems eating, speaking, and learning.
- Baby teeth hold space for adult teeth.
- Cavities can cause your child pain and serious health problems.
- You can help prevent cavities by taking care of your child's mouth every day.
- Find a dentist and schedule an appointment for your child today.
- Learn more about caring for your child's mouth.
- Spread the word, let others know it is important to care for their child's mouth.

