

Lift the Lip and Prevent Decay



**You would not think this baby had cavities.
And yet, she is at risk for tooth decay.**

Caries can get worse very quickly



Very early decay

Decay

Severe Decay

A baby can go from having white spots and plaque to cavities and painful broken teeth in just a few months.

Cavities Can Be Prevented

- **Very early decay can be treated with very short visits to the dentist and NO drills or shots. The dentist can paint fluoride on the teeth to reverse the decay process.**
- **Decay can often be stopped without shots and drills using new dental procedures.**
- **Severe tooth decay is painful and requires treatment that includes shots and drills. Often children are hospitalized.**

This decay is often caused when a child sleeps with a bottle containing milk or juice and has lots of sugar in their foods. Brushing as soon as teeth come in helps.

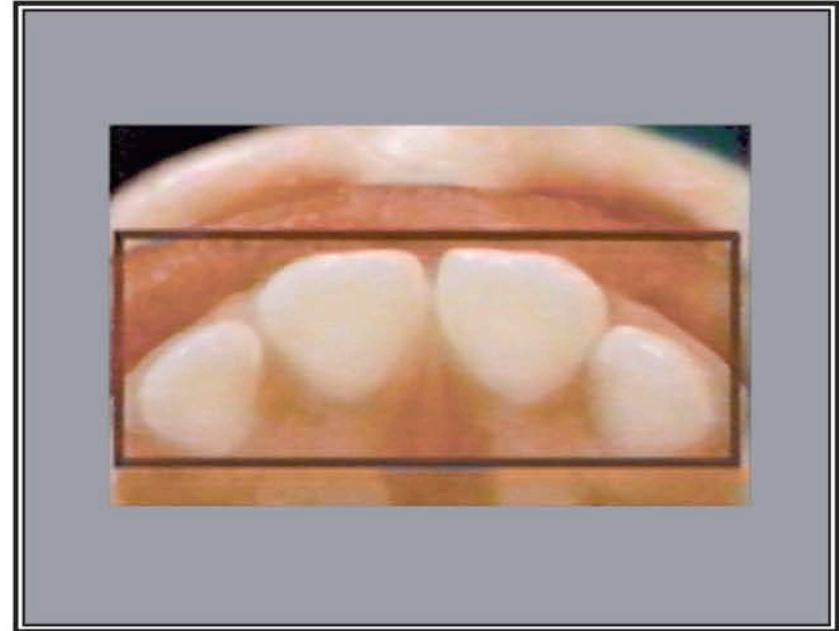
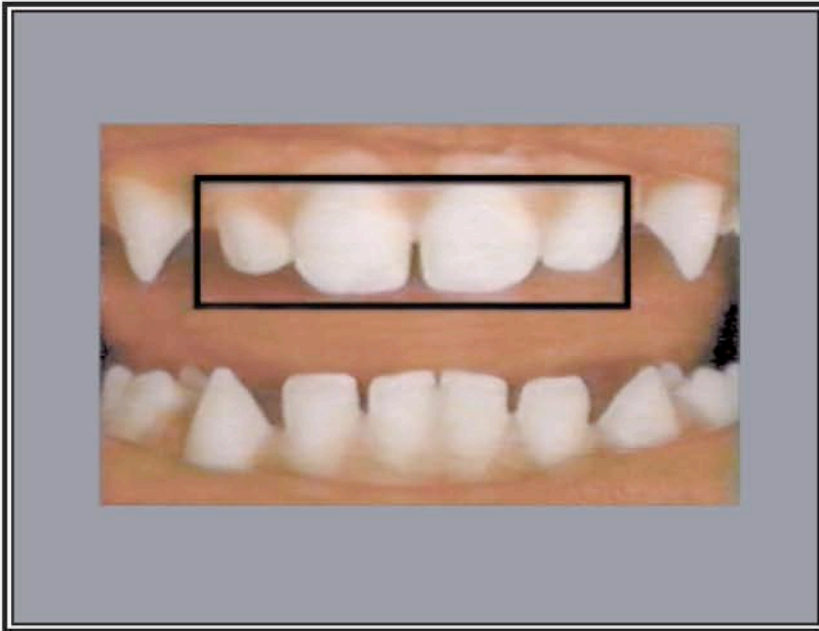
Baby teeth are important for the development of straight healthy permanent teeth.

It is easy to prevent decay. About once a month look at both side of your baby's teeth.



Here a mother uses her fingers to gently move her child's lips back and look at the teeth. You can do the same thing to look at your baby's teeth.

You want to look at the four top teeth in the front of the mouth.



If you use a mouth mirror you can look at both the front and back of the teeth.

Here a mother uses a mirror to look at the back of her child's front teeth. You can do the same thing.



The child can be positioned lying across your lap, with the assistance of a partner as shown above, or by yourself.



Remember, preventing tooth decay takes just a few minutes once a month. If you see any white spots or discoloration, contact your dentist or local WIC clinic to have this checked out!



PIECCPP Coordinating Committee

The photos for this flip chart were contributed by the Republic of the Marshall Islands.