

## Give Kids A Smile Day 2014 Key Messages

Key Messages	Description
<b><i>Cavities</i></b>	
1. Cavities are caused by germs.	Children and adults get cavities because of germs in the mouth.
<b><i>Baby Teeth Are Important</i></b>	
2. Care of baby teeth can affect permanent teeth.	Taking good care of baby teeth can help grown-up teeth look and work better.
<b><i>Lift the Lip</i></b>	
3. Parents need to look at their children's teeth once a month to check for spots or problems.	It is important for an adult family member to check a child's teeth and gums once a month for spots or problems.
4. Dental disease can be asymptomatic.	Children may have cavities even if their teeth don't hurt.
<b><i>Take Your Child to the Dentist</i></b>	
5. Going to the dentist regularly is important even if my child seems healthy.	It is important to go to the dentist unless children have a problem with their teeth.
<b><i>Protect Your Child's Teeth with Fluoride</i></b>	
6. Fluoride makes teeth stronger.	Fluoride makes teeth stronger.
7. It is important to use toothpaste with fluoride.	It is important to use toothpaste with fluoride when brushing a child's teeth.
<b><i>Brush Daily</i></b>	
8. Children's teeth should be brushed twice a day.	Brushing at least twice a day is best for children's teeth.
9. Teeth need to be cleaned before bed.	The last thing that should touch a child's mouth before going to bed is a toothbrush and toothpaste (or a washcloth for babies who don't have teeth yet).
<b><i>Limit Sweets</i></b>	
10. Sugary snacks and drinks can hurt children's teeth.	Limit sugary snacks and drinks (juice/soda). Fresh fruit instead of juice.
<b><i>No Bottles or Sippy Cups in Bed</i></b>	
11. Children should not go to bed with a sippy cup or bottle with anything in it but water.	Going to bed with a sippy cup or bottle with anything in it but water can hurt a child's teeth.
<b><i>Wean from Bottle by One Year</i></b>	
12. Children should be weaned from the bottle by one year.	It's best for children to stop drinking from a bottle by the time they turn one year old.
<b><i>Don't Share Germs</i></b>	
13. Families should not share utensils, toothbrushes, etc.	It is important that children never put anything in their mouths that has just been in someone else's mouth.
<b><i>Help Children Brush Up to Age 6</i></b>	
14. Children need help brushing until they are at least 6 years old.	While children may want to brush their teeth by themselves they may still need help until they are at least 6 years old.
<b><i>Take Care of Your Own Teeth</i></b>	
15. My own oral health can affect the health of my child's teeth.	Keeping my own teeth clean will help the children I care for to have healthy teeth. Oral health care (including dx & tx) during pregnancy is safe and effective

Key Messages For Infants	Description
<b><i>Take Your Child to the Dentist</i></b>	
1. Children should see a dentist by age 1.	It is best for children to first see a dentist by age 1.
<b><i>Brush Daily</i></b>	
2. Children should have their gums cleaned/wiped/brushed as soon as teeth erupt.	It is important to clean a baby's teeth and gums after every feeding.