

## HAS YOUR FAMILY JOINED THE MONSTER-FREE MOUTHS MOVEMENT?

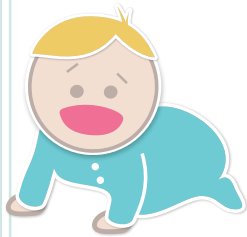
Did you know tooth decay is the number one chronic infectious disease affecting children in the U.S.?

While it's a scary statistic, the good news is it's largely preventable with healthy habits and regular preventive care.

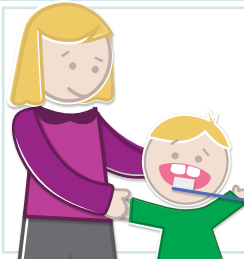
That's why the American Academy of Pediatric Dentistry is asking parents and caregivers to banish the Mouth Monsters (aka tooth decay) by joining the Monster-Free Mouths Movement. It's easy – just go to [mychildrensteeth.org](http://mychildrensteeth.org) for tips and tools to help teach your kids about the importance of healthy oral habits.

## LITTLE TEETH ARE A BIG DEAL

They may be little, but baby teeth play a BIG role in your child's oral health – and are key to the development of healthy, strong adult teeth. Below are some tips to help your child have a happy, healthy smile that lasts a lifetime:



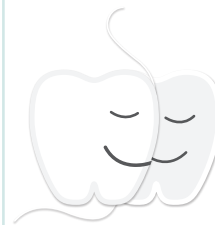
If your baby is given a bottle when going to sleep, use nothing but water. Bottles containing milk, formula or fruit juice put teeth under attack from bacterial acid all night long.



Kids should be supervised while brushing their teeth until they are 7 to 8 years of age.



Children should first visit a pediatric dentist by the age of one or when the first tooth appears. Regular check-ups should occur every six months.



Parents can begin flossing for their children when any two teeth are touching.



Avoid giving carbonated beverages to your kids, which can erode enamel on teeth and be sure to limit juices to less than four ounces per day.



Keep an eye on snacking – ideally children should have no more than three snack times a day. Quick tip: cheeses are a great option because they clear the mouth of food and neutralize the acids that attack teeth.