

Cavity Free at Three Parent Pamphlet (English)

Cavity Free at Three Parent Pamphlet (English)

Cavity Free at Three (CF3) improves the oral health of Colorado's children and pregnant women by teaching medical providers how to incorporate preventive oral health services into prenatal visits and well child visits. CF3 is recognized as an evidence-driven program housed at the Colorado Department of Public Health and Environment (CDPHE). The timeline below illustrates the typical process for partners from the initial request until training follow-up is completed. The CF3 team is always available as a resource for trained practices.



The timeline below illustrates the typical process for partners from the initial request until training follow-up is completed. The CF3 team is always available as a resource for trained practices.

Keeping Your



Child's Mouth Healthy

Before Your Baby Has Teeth

How can I help my baby have a healthy smile?

- Good oral care starts even before your baby gets their first teeth. You can help keep your baby from getting the germs that lead to cavities.
- Breast is best. Breast-fed babies have healthier teeth.
- If your baby drinks a bottle, put only milk, formula or water in the bottle.
- Never let your baby fall asleep with a bottle.
- Keep your teeth healthy too. You can spread cavity causing germs to your baby by sharing spoons, or licking your child's pacifier for example. Schedule your baby's first dental visit before their first birthday.



child is one year old.

- Drink milk with meals. Drink water between meals.
- Plan snacks between meals to avoid snacking all day.

When Your Child Has Teeth

How do I care for my child's teeth?

- Once teeth appear, brush your baby's teeth once in the morning and once before bed with a soft-bristled toothbrush.
- Use a smear of fluoride toothpaste no more than a grain of rice.
- Use a pea size amount when they learn how to spit.
- Help your child brush their teeth.
- Choose food and drinks that are low in added sugar. Juice and soda have sugar.
- Transition from a bottle to an open top cup when your

Keeping Baby Teeth Healthy

Why are baby teeth important?

- Kids with cavities in their baby teeth are more likely to have cavities in their adult teeth.
- To help chew healthy, crunchy foods.
- To hold space in the mouth for permanent teeth that are growing under the gums.
- When a tooth is lost too early, teeth can drift into the space and make it difficult for adult teeth to find room. This can cause crooked and crowded teeth.
- Because cavities are painful!



Fluoride

What Does Fluoride do and Why is it Important?

Fluoride strengthens teeth and prevents cavities.

Ask your doctor about fluoride supplements if your water is not fluoridated.

Drinking tap water with fluoride reduces cavities by 25% in everyone who drinks it.

Ask your medical or dental provider about fluoride varnish, which can be painted on teeth to strengthen tooth enamel.

2016 Edition

This resource is owned by the Colorado Department of Public Health and Environment (CDPHE) and is not to be modified.



Funders and Support

Thanks to our funders for their support: Caring for Colorado Foundation, The Colorado Health Foundation; The Colorado Trust; Delta Dental of Colorado Foundation; Kaiser Permanente; Rose Community Foundation. This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS), Grant Number: H47MC28479. Information/content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.



COLORADO
Department of Public
Health & Environment