



Help your child have healthy teeth from the start.

Brush up on the facts about children's dental health

- *Tips for infants and toddlers*
- *The truth about teething medications*

Protecting your child's smile today, tomorrow ... for life!

Here are some simple steps you can take to help prevent tooth decay later in your baby's life:

- Put only water, milk or formula in bottles or sippy cups.
- Don't put babies to bed with a bottle.
- If your child uses a pacifier, make sure it is clean. Do not put the pacifier in your mouth first or dip it in sugar, honey, or sweetened liquids.

- Encourage your child to drink from a cup by his or her first birthday.



Advice for infants and toddlers

Teething usually starts between 3 to 7 months-old. When babies are teething, they may become fussy, sleepless and irritable, lose their appetite or drool more than usual. Diarrhea, rashes and a fever are not normal for a teething baby.

If your child's gums are swollen and tender, gently rub your child's gums with a clean finger, or giving him or her a clean, cool teething ring (or a clean, wet, cool washcloth) to chew on can soothe them.

Be sure to chill the teething ring or washcloth in the refrigerator for only a short time. It should be

"Tooth decay is the most common chronic infection in children in the United States. It's also preventable."





cool but not cold like an ice cube, which can actually hurt the gums and your little one. But never leave your baby alone with a teething ring or wash cloth. We urge you to always supervise your child to prevent accidental choking.

The truth about teething medications

Teething is a normal part of childhood. Did you know you can give your child relief from pain without prescription (oral viscous lidocaine solution) or over-the-counter teething medications (benzocaine)?

In fact, the Food and Drug Administration (FDA) warns against using these products for teething pain in infants and children under the age of 5. Some of them have caused serious health problems and even death due to overdose or accidental swallowing.

If you do have these medications at home, make sure they are always stored safely and out of the reach of children.

To learn more about this warning and the FDA's recommendations, please visit <http://www.fda.gov/Drugs/DrugSafety/ucm402240.htm>.

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Visit us online at www.okhca.org/dental.

Oklahoma Health Care Authority

4345 N. Lincoln Blvd.

Oklahoma City, OK 73105

Phone:

405- 522-7300 or 800-522-0310

www.okhca.org

Email your SoonerCare dentists

@ dentalquestions@okhca.org.

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When using
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