

## Baby Teeth are Important

Healthy baby teeth are good for children in many ways, including:

- speaking
- eating
- to look good and to play
- help to bring in healthy adult teeth

Tooth decay can start early. You can prevent cavities by:

- giving healthy foods to your child – milk, fruit, vegetables
- reducing sweet and sticky foods – candy, soft drinks, cookies
- keeping your child’s mouth clean – brushing at least once per day
- taking your child to see the dentist from an early age

For information about Toronto Public Health Dental and Oral Health Services, call 311 or visit [www.toronto.ca/health](http://www.toronto.ca/health) (see A-Z index, Dental services).

Last updated August 2010

Call **3•1•1**

[toronto.ca/health](http://toronto.ca/health)

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