

Early Childhood Tooth Decay

- Tooth decay is one of the most common early childhood diseases
- Decay forms from food and bacteria on the teeth
- White spots on the teeth may be signs of early tooth decay
- Decay affects a child's sleep, eating, learning and good looks
- To prevent decay do not put your child to sleep with a bottle
- Clean your child's mouth at least once per day – before bedtime

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

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Call **3 1 1**

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