



SOUTHWEST INITIATIVE FOUNDATION

MINNESOTA EARLY CHILDHOOD



INITIATIVE

a campaign for our youngest children

How do I check my child's teeth?

Parents, it's as easy as 1, 2, 3!

- 1 Sit face to face with another person, your knees together.
- 2 Have the child lay his head in his parent's lap with the rest of his body on the lap of the facing person.
- 3 Now use your fingers to gently move the child's lips back and look at the teeth.



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Oral Health Tip: Lift the Lip

A toddler or young child can go from having white spots and plaque to cavities and painful broken teeth in just a few months.

Look at both the front and back sides of your child's teeth. Look for the following:

- **BRIGHT WHITE SPOTS** – if on the teeth near the gums decay has started. Your child needs to have his teeth brushed with fluoride toothpaste *everyday* and needs to see a dentist.



- **DARK SPOTS** – the enamel on the teeth is gone and your child needs to see a dentist.



- **BROKEN TEETH** – your child is in pain and needs to see a dentist as soon as possible.

