Lift up your child’s lip to look inside!

It’s important to look inside your child’s mouth to make sure there are no signs of tooth decay. You may see ...

Healthy teeth = no visible signs of tooth decay

- Continue to brush twice a day and floss daily.
- Visit the dentist by first birthday and then every six months.

White spots = possible early signs of tooth decay

- White spots not treated right away can become brown spots within 30 days.
- Visit the dentist soon.

Brown spots = signs of tooth decay

- This is not normal; child is at risk for severe decay.
- Make an appointment with a dentist right away.

Black spots, holes or broken teeth = severe decay

- This can lead to swollen cheeks and gums, pain, bleeding gums or a possible visit to the hospital.
- Make an appointment with a dentist right away.

Tips for a healthy mouth:

1. Visit the dentist and establish a dental home.
2. Brush and floss regularly.
3. Limit sugary snacks and drinks.

For more information, visit centerforchildrenshealth.org or call 682-885-4162.