

# 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.



**Children's  
Oral Health  
Coalition**

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For more information, visit [centerforchildrenshealth.org](http://centerforchildrenshealth.org)  
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