









# CHECK THIS OUT!

## TRUE OR FALSE?

1. It is important for adults to clean on a regular basis their baby's gums with a clean, soft cloth before the baby's teeth first appear in the mouth.  
 TRUE \_\_\_\_\_ FALSE \_\_\_\_\_
2. Putting your baby to bed with a bottle filled with milk or juice will damage your baby's teeth.  
 TRUE \_\_\_\_\_ FALSE \_\_\_\_\_
3. As soon as the baby's first tooth appears in the mouth, it is important that adults clean and brush their baby's teeth with a soft toothbrush.  
 TRUE \_\_\_\_\_ FALSE \_\_\_\_\_
4. Children need adults to help them brush and floss away sticky food and germs until they are at least 7 years of age.  
 TRUE \_\_\_\_\_ FALSE \_\_\_\_\_
5. When you see spots or stains on your child's teeth; OR if your child has pain or swelling in the mouth, you need to take your child to a dentist.  
 TRUE \_\_\_\_\_ FALSE \_\_\_\_\_
6. Children need "sealants" on their back teeth (permanent molars), to help prevent cavities.  
 TRUE \_\_\_\_\_ FALSE \_\_\_\_\_
7. Regular cleaning, brushing, flossing and dental check-ups every 6 months will prevent cavities and avoid unnecessary pain for your child.  
 TRUE \_\_\_\_\_ FALSE \_\_\_\_\_
8. If your family drinks only well water or spring water, you may need fluoride supplements to make your teeth stronger and healthier.  
 TRUE \_\_\_\_\_ FALSE \_\_\_\_\_

NOTE: Did you know answers to all of the above are **TRUE!!!** Please remember that it pays to have healthy teeth because they make us healthy and can last a lifetime!!!