

Lift Your Child's Lip

Preventing cavities starts with parents. Lifting the lip of your child allows you to see tooth decay early and get help from a dental health provider for prevention and treatment.

How to prevent tooth decay in your child

- Clean your baby's gums with a damp cloth or rubber finger brush until teeth erupt. Use an infant size toothbrush as soon as teeth appear. Begin flossing your child's teeth between age two and three when all teeth (20) have erupted.
- Bacteria can be transmitted from the parent to the child. Cleaning a soother or bottle nipple in your mouth before putting it into your child's mouth and sharing forks or spoons can pass on bacteria that causes cavities.
- Putting your child to bed with a bottle of milk, formula or juice can cause cavities. Instead, give them a bottle and hold them until they fall asleep, then remove the bottle.
- If you can't get your child to bed without a bottle, try diluting the milk, formula or juice with water. Increase the amount of water every time, until there is nothing but water in the bottle.
- Every child should see a dental health provider by age one.

To see early signs of tooth decay lift your child's lip regularly. Look for white or brown spots near the gums on the front upper teeth every month.

Pre-school children, home-schooled children and students from Kindergarten to Grade 8 are eligible for services from the Yukon Children's Dental Program in Whitehorse and rural communities with a resident dentist.

Pre-school children, home-schooled children and students from Kindergarten to Grade 12 are eligible for services from the Yukon Children's Dental Program in communities without a resident dentist.

The Yukon Children's Dental Program holds pre-school and home-school clinics every month.

For more information contact (867) 667-8360, or toll-free 1-800-661-0408 extension 8360.



Lift your child's lip to look at their teeth and check for tooth decay.



STAGE 1: Healthy Teeth



STAGE 2: White lines along the gum line could mean the beginning of tooth decay



STAGE 3: Brown areas or decayed spots along gum line

