

# Baby Teeth Are Important



Your provider may screen your child's teeth, talk about daily dental care and apply fluoride varnish.

## **Baby teeth are important because they:**

- help children chew food and speak clearly,
- shape their face, and
- guide adult teeth into place.

## **Oral health tips:**

- Choose tooth-healthy snacks such as cheese, fruits and vegetables.
- Avoid “grazing”- snacking or sipping on sweet liquids throughout the day.
- Drink water after meals and snacks to help clean teeth.
- Parents - keep your teeth and gums healthy. This helps prevent cavities in your child's mouth.

 **DELTA DENTAL**  
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