



The root of a healthy mouth begins with their first tooth.

Tooth decay can begin as soon as your baby's first tooth appears.

TAKE THESE STEPS:

- Brush your child's teeth twice a day as soon as their first tooth comes in.
- Brush with a small smear of fluoride toothpaste.
- Assist and supervise children until they can brush well on their own.

For more information, call 311 or visit [nyc.gov](https://www.nyc.gov) and search for "teeth."

