

# Cavities Are Caused By Bacteria

- Bacteria spread from parent to child:
  - Don't share a toothbrush with your child.
  - Don't lick or suck on your child's hands, pacifier or bottle.
  - Don't pre-chew food your child will eat.
  - Don't share the same utensils with your child.
  - Keep your mouth and teeth healthy.



- Bacteria that cause cavities are spread from parent to child.
- Avoid activities that could spread your saliva to your child's mouth:
  - Don't share a toothbrush with your child.
  - Don't lick or suck on your child's pacifier or bottle.
  - Don't pre-chew food your child will eat.
  - Don't share the same utensils with your child (cups, spoons and forks).
- Keep your mouth and teeth clean and healthy to prevent spreading high levels of decay-causing bacteria.