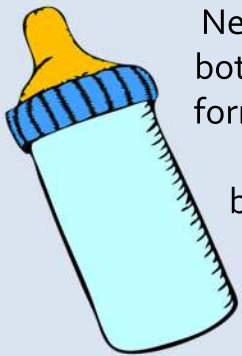




Tips for your baby's oral health

No Bottles in bed!



Never put your baby to bed with a bottle or sippy cup filled with milk, formula or fruit juice. The frequent exposure of sugar in these beverages can lead to cavities in your baby's teeth a.k.a "baby bottle tooth decay."

Fluoridated Water

By the time your baby is 6 months old, he or she will require some fluoride for healthy teeth. Most babies can get all of the fluoride they need from the tap water they drink.



Good oral health starts with baby teeth and even before baby's first teeth erupt. Dental disease is the most common chronic disease of early childhood. Cavities and decay in baby teeth can lead to infections and can spread to permanent teeth.

Clean gums



Twice a day, gently wipe your baby's gums with a wet, clean, soft cloth. You should start doing this before your baby's teeth even come in, or "erupt."

Some babies see their first tooth when they are as young as 3 months old!

Brush new teeth

Once the first teeth come in, you can clean them using a soft, flexible children's toothbrush and water. Continue to clean your baby's entire mouth, not just the teeth. Gently brush his or her teeth with a tiny amount of fluoridated toothpaste. Switch to a pea size amount once your child is 2 or when they are able to spit.

