



## BABY BASICS

Even though they have fewer teeth – and none at all, for a while – babies require the same attention to oral health care as adults.

### NO TEETH:



Before teeth come in, wipe baby's gums with a soft, clean cloth after each feeding.

### ONE TOOTH:



Babies should see the dentist by age 1 or six months after the first tooth comes in.



When a tooth pops up, use a small, soft-bristled toothbrush twice daily.



Water is all that's necessary for brushing for the first couple of years.



### TWO TEETH TOUCHING:

When two teeth touch, it's time to break out the floss!



### SORE GUMS:

Soothe a teething baby with teething rings, a cool spoon, or a gum massage.



## HELP PREVENT CHILDHOOD TOOTH DECAY.



Don't give bottles with juice or milk at bedtime or naptime. Water is a safe alternative if your child is 6 months or older.



If a pacifier falls on the ground, wash it with water – not your mouth.



Sharing is normally good! But not when it comes to food or utensils.