

Healthy Teeth and Gums for Your Baby

From Before Birth thru Age 2



FOR PREGNANT WOMEN

- Have a dental checkup
- Brush your teeth at least twice a day with fluoride toothpaste.
- Limit the number of times you eat sweet or starchy snacks each day.
- Seek pre-natal care.
- Get adequate calcium.



FOR BABY at... 0 - 6 months

- Clean baby's gums daily.
- Avoid putting baby to bed with a bottle filled with milk, juice, or other sweetened liquid.
- Ask your doctor or dentist about fluoride supplements for your baby at about 6 months.



FOR BABY at... 6 - 18 months

- Begin using a "sippie" cup instead of a bottle between 6 and 12 months.
- Avoid letting baby walk around with a bottle.
- Wean baby from bottle by 12 months.
- Clean baby's teeth daily.
- Take baby for first dental checkup at around the first birthday.



FOR BABY at... 18 - 24 months

- Limit the number of times toddlers eat snacks each day.
- Brush toddler's teeth after breakfast and before going to bed.
- Use a pea-sized dab of fluoride toothpaste once toddlers know to spit out, not swallow -- even though it tastes good.