



Baby Teeth Care

Birth to 2 years of age

Why are baby teeth important?

Children use their baby teeth to chew food, learn how to speak, save space for their permanent teeth, make a nice smile, and stay happy and healthy.

What causes decay in baby teeth?

Tooth decay is caused by a combination of:

- Germs that live in the mouth.
- Sugar in our foods.
- Not enough fluoride.

How should I clean my baby's teeth?

As soon as the teeth appear in the mouth, clean them twice daily with either a soft, clean washcloth, or a very soft baby toothbrush and a **rice grain-sized amount of fluoride toothpaste.**



When should I wean my baby from the bottle?

You can begin to teach your baby how to drink from a cup at 6–8 months of age. You will have to help the baby hold the cup for several months. By age one, the baby should be completely weaned from the bottle.

How do I keep my baby's teeth healthy?

- Clean your baby's teeth twice every day with a rice grain-sized amount of fluoride toothpaste.
- Brush his or her teeth twice every day.
- Take your child to the dentist by age one.
- Limit sugary liquids and foods.

DON'Ts:

- Don't put your baby to bed with the bottle unless it has only water in it.
- Don't share eating utensils or 'clean' the pacifier with your own mouth.
- Don't 'pre-chew' food.
- Don't dip the pacifier in a sweet liquid or sugar.
- Don't use the bottle as a pacifier.

Schedule a dental visit by your baby's first birthday!