

Oral Health Care Tips For Babies



Wipe the baby's gums with a clean cloth after every feed from birth to six months

Do not put babies to sleep with a bottle.



While teething, make sure to give them clean teething rings/teethers

Refrain from cleaning bottle teats or pacifiers by putting them in your mouth.



Avoid sharing your utensils or feeding the baby with a common utensil.

Visit a dentist at least once (within the baby's first year) to detect any oral problems early.



After their teeth appear, use a soft toothbrush and plain water.

Once the baby is 18 months old, you may use fluoridated toothpaste to brush their teeth twice a day.



References:

- 1 Children's Oral Health; Centers for Disease Control and Prevention
- 2 Infant and Children's Oral Health; Department of Health - New York State