



Healthy Habits  
for Happy Smiles



## Taking Care of Your Baby's Oral Health

Taking good care of your baby's mouth and teeth is important. A baby's first tooth usually comes in at around age 6 to 10 months. Healthy primary ("baby") teeth help children chew food and speak clearly.



After your baby's first tooth comes in, use a baby toothbrush with soft bristles and a small head. Put a smear of fluoride toothpaste the size of a grain of rice on the toothbrush and brush all sides of your baby's teeth.



**Use a smear of fluoride toothpaste the size of a grain of rice for children under age 3.**

**For videos and more information on taking care of your child's mouth, visit:**



[hrsa.gov/oral-health](https://www.hrsa.gov/oral-health)

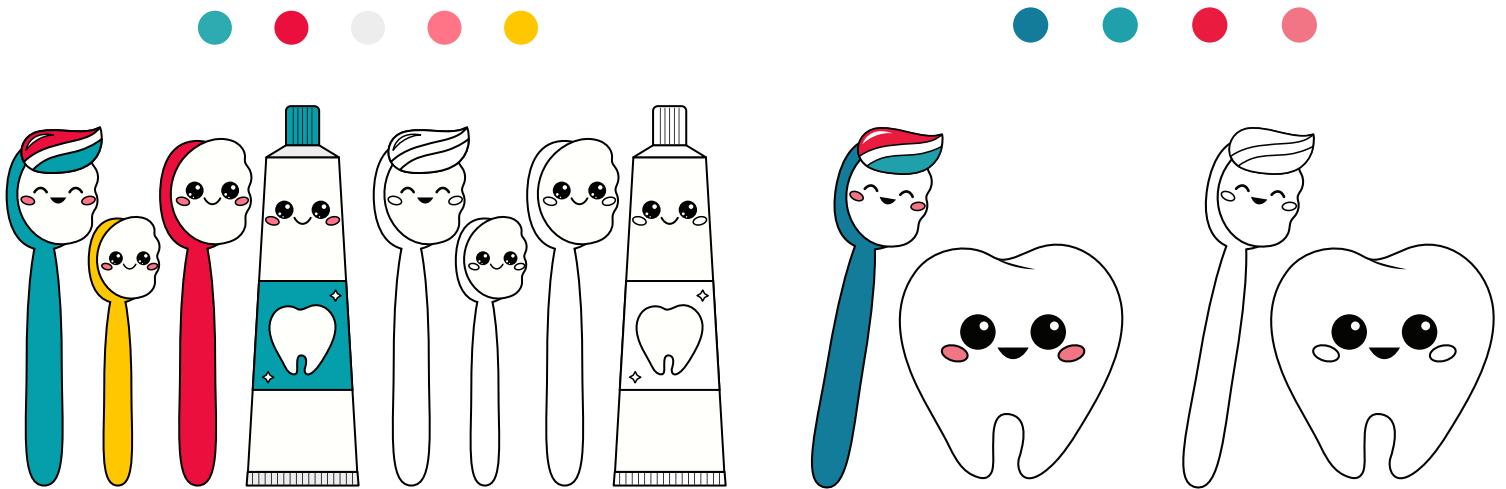
# Tips for keeping your baby's mouth and teeth healthy:

- Take your baby to the dentist when their first tooth erupts, or no later than their first birthday.
- Clean your baby's gums, even before you can see the first tooth, to remove sugars from liquids or food. Use a clean, damp washcloth to wipe the gums.
- Wiping out your baby's mouth with a clean wet cloth after nursing or bottle feedings helps ensure good early oral hygiene and a strong foundation for your baby's oral health.
- Use of bottles and sippy cups:
  - Do not put your baby to bed with a bottle or sippy cup filled with breast milk, infant formula, fruit juice, or other liquid besides water. Liquids that contain sugar can cause tooth decay. The sugar in these liquids will stay in the mouth all night and feed the germs that cause tooth decay.
- When using pacifiers:
  - Clean the pacifier with soap and water.
  - Never place a pacifier in your mouth before giving it to your baby. Germs that cause tooth decay can pass from your mouth to your baby's mouth.
  - If the pacifier gets worn out or breaks, get a new one.
  - Do not dip the pacifier in sweet foods like sugar, honey, or syrup.
  - Never put a pacifier on a string or ribbon around your baby's neck. It could choke your baby.

Open your smartphone camera app and scan the code to learn more.



# Color Me In!



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