

## Infants 0 - 11 Months

- The first baby teeth usually come in before age one.
- Begin cleaning your baby's mouth at birth to limit germs that cause tooth decay.
- Clean your baby's gums with a moist cloth after each feeding.
- Use a moist cloth to wipe teeth or a small soft toothbrush once teeth are visible.
- Babies do not need fluoride toothpaste unless recommended by a dental provider or physician.
- A baby that usually goes to sleep while sucking on a bottle with milk, formula, or juice can get tooth decay. Fill bottles with water only at nap and bed time.
- If your baby uses a pacifier, do not dip it in honey or sugar. Clean the pacifier with water only.



- ▶ Moms and caregivers can pass germs that may cause tooth decay through their saliva. Do not share cups and eating utensils, pre-chew food, or put a pacifier in your mouth before giving to your child.
- ▶ Between meals fill a training (sippy) cup with water only (no milk, formula, or juice). Avoid frequent or prolonged use of a sippy cup.
- ▶ Lift your baby's lip regularly and look for white or brown spots on the front and back sides of the teeth near the gum line. See a dental provider if you notice any changes.
- ▶ Take your baby to a dental provider by age one or earlier if your baby has teeth.
- ▶ The dental provider or physician may recommend fluoride drops, fluoride varnish, or a smear of fluoride toothpaste for children younger than two at high risk for tooth decay.

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