



Have Your Baby's Teeth Checked By Age One

All babies should have their teeth checked by a dentist or doctor by their first birthday. Ask your dentist or baby's doctor when to bring your baby for their first visit.



MaineHealth

From the First Tooth is an initiative of MaineHealth funded by the Sadie and Harry Davis Foundation in partnership with EMHS and MaineGeneral Health and Boston University Goldman School of Dental Medicine Center for Research to Evaluate and Eliminate Dental Disparities.

www.fromthefirsttooth.org



Keeping Your Baby's Teeth Healthy From The First Tooth



Taking Care of your Baby's Mouth

Clean your baby's mouth with a wet cloth and use a soft toothbrush as soon as the first tooth comes in.

Clean all sides of your baby's teeth every night before bed. At the age of 2, start to use small amount of toothpaste about the size of a pea.

Check your baby's teeth once a month. Lift the lip and check for white or brown spots on teeth. If spots do not come off, take your child to the dentist.

Do not share germs. Cavities are caused by bacteria and are passed to the baby by saliva. Do not share toothbrushes or feeding spoons. Do not put the baby's pacifier in your mouth before giving it to your baby.

Take care of yourself. Your children learn by watching you. Show them that you care about your health and teeth.



Healthy Foods for Healthy Teeth

No bottles in bed. Formula, milk, breast milk, sugary water, soda and other sweet liquids cause cavities when left in the baby's mouth while sleeping. If you must give a bottle in bed, fill it with water only.

Wean from the bottle by age one. Begin to offer a sippy cup at meals and snack time starting at 6 months.

Limit sugar. The bacteria (germs) feed on sugar. More sugar causes more cavities. Limit juice to meal times. When your child is thirsty, give them water.

Fruits, vegetables, and cheese are healthy foods that do not have too much sugar.

Protect your Baby's Teeth with Fluoride

Fluoride is a mineral that helps make teeth stronger and fight cavities. Ask your baby's dentist or doctor about fluoride treatments.

If your tap water is not fluoridated, check with the baby's dentist or doctor about fluoride drops or tablets.