

Healthy Mouth and Teeth for Your Baby

- ◆ Your baby may drool and have sore gums before the first tooth is seen.
- ◆ Your baby's first tooth can appear at 6 months. All 20 "baby teeth" should be seen by 2½ years of age.
- ◆ Take your baby for the first dentist visit by 1 year of age.
- ◆ Wean your baby from the bottle by 12 months of age.
- ◆ Keep baby teeth healthy! Baby teeth are important because they hold a place for adult teeth, help shape the face and jaw, keep adult teeth straighter, and keep the bite in the right place.

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Prevent Early Childhood Caries (“Cavities”)

Early childhood caries (cavities) are seen in babies, toddlers, or children. It occurs when your baby or child sleeps with a bottle filled with formula, milk, juices, soda, etc.

- ◆ Clean your baby’s gums with gauze or a clean wash cloth after each feeding.
- ◆ When the first tooth appears, begin brushing your baby’s teeth with a plain wet soft toothbrush.
- ◆ Singing, reading, or rocking your baby may help at bedtime. Do not put your baby to bed with a bottle or sippy cup at bedtime or naptime.
- ◆ Offer sips of breastmilk or formula from a cup around 4 to 6 months (no juices before 6 months).
- ◆ Juices should be offered only from a cup.

Talk to your nutritionist about using a sippy cup.

Good nutrition is important
for a healthy mouth and teeth.

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