

don't share bacteria...

We all have bacteria in our mouth that can cause cavities. Don't pass germs from your mouth to your baby's mouth:

• **Don't share spoons with your baby.** Use a spoon to taste your baby's food.

• **Don't share pacifier with water,**

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• **Keep teeth healthy.**

• **Brush your teeth.** See your dentist for regular cleanings and checkups.

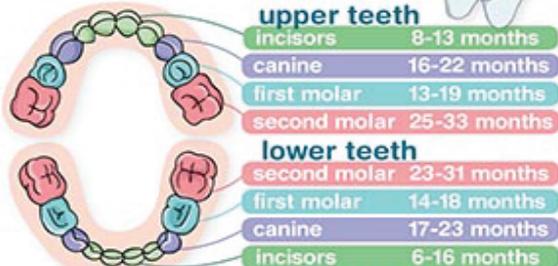
• **Take your child to the dentist** when to plan your

• **dentist appointment.**

baby teeth matter

When will my baby get his first tooth?

A baby's first tooth often appears when he is about **6 to 10 months old**. Some babies get their first tooth before 6 months, or as late as 17 months.



A child can have a full set of 20 baby teeth when he is 3 years old.

Your baby may have tender gums while teething. Offer a teething ring or cold wet washcloth.

baby teeth are important!

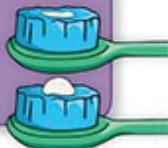
They help your baby learn how to chew, eat and talk. Baby teeth also keep the correct spacing for permanent teeth.

Take care of your baby's teeth - prevent cavities. A small child may have a poor appetite and lose weight if his mouth hurts.

starting at birth...

clean your baby's gums with a clean, moist gauze pad or washcloth. When teeth begin to appear, start brushing twice a day, once in the morning and once at night.

- Use a small smear of toothpaste with fluoride when your baby is younger than 3 years old.
- When your toddler is 3 years old, use a pea size amount of toothpaste with fluoride.



make it fun...

- Sing a song while brushing his teeth.
 - Show your child how you brush your teeth.
- Your child is learning how to brush his own teeth, but needs your help until he is 7 or 8 years old.*

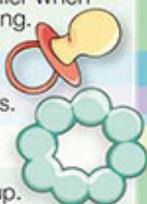
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pacifier okay?

It's okay for your baby to like to suck on pacifiers. They can help your baby feel secure and may help prevent sudden infant death syndrome (SIDS). It's okay to use a pacifier when your baby is asleep or after eating.

tips:

• **Wait until your baby eats, drinks, or feeds.** Do not use a pacifier to delay feedings. If your baby is 12 months old, when your baby is going well, do not use a pacifier in anything but water, sugar, honey or syrup.



• **Benefits to sucking on pacifiers** include: your baby will stop on their own.

• **Don't use a pacifier if you are worried about your child's sucking habits.** A child could develop crooked teeth if he sucks on his thumb or pacifier for a long time.

fluoride?

• **Fluoride helps prevent cavities.** Use a fluoride varnish or fluoride supplement if your baby is younger than 3 years old.

• **For babies from the bottle** who are 4 months of age.

• **Use a sippy cup between** feedings, but only water in it.

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