

EASY WAYS TO KEEP YOUR BABY'S TEETH BEAUTIFUL

Baby teeth are very important for strong, healthy teeth later in life. Some adult tooth problems can be caused by problems with baby teeth.

Some things you can do now to protect your baby's teeth:

- Put your baby to bed after a feeding is finished, not with a bottle. This way your baby does not get used to having a bottle in the bed.
- Don't prop your baby's bottle, it can cause choking, tooth decay and ear infections.
- Start using a cup at 6 months with a small amount (1 - 2 ounces) of breast milk or formula.
- No soda pop, sugar water or juice in the bottle.
- Wean your baby from the bottle completely around 12 months old. It is easier to do this around 12 months. If you wait until 18 months, baby may not want to give up the bottle.
- Don't let your baby walk around with the bottle or sipper cup. Taking little sips all day long can cause baby's teeth to decay. Then the teeth chip or break off easily.

Baby's Tooth Care

- Wipe your baby's teeth and gums with a clean damp washcloth after feeding.
- When most of your child's teeth have come in, use a small, soft toothbrush after each feeding.
- Find out if your water has fluoride in it. If it does not, ask your dentist or doctor about getting fluoride. It makes teeth stronger.
- Ask your dentist or health care provider when your child's first dental visit should be.
- If you see any change in tooth color (like any dark areas), take your child to the dentist as soon as possible.

Baby Bottle Tooth Decay

- Baby Bottle Tooth Decay is tooth decay on the upper and sometimes lower front teeth.
- Baby Bottle Tooth Decay ruins your baby's teeth, especially the front teeth. If your baby's teeth start to get dark spots, go to a dentist right away.



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