



ORAL HEALTH KANSAS

ADVOCACY • PUBLIC AWARENESS • EDUCATION

Tips and Tricks: **Your Baby's First Year**



Having good oral health is essential for your baby's overall health and development. You can keep your baby cavity free right from the start by establishing these healthy routines.

Daily oral care:

- Wipe your baby's gums with a clean cloth after morning and evening feedings
- When their first tooth comes in, brush with a soft toothbrush and a tiny smear (no larger than a grain of rice) of toothpaste with fluoride
- Look out for dark spots on teeth, cuts, sores or bruising in or around mouth



Feeding habits:

- For the first 6 months, breastfeeding and breast milk are the best choices for your baby
- Start other healthy foods at 6 months old
- Change from a bottle to a cup when your baby can sit
- Offer only water in a sippy cup
- Between meals, choose healthy snack foods such as fruits, vegetables and cheese

Healthy sleep habits:

- Begin a healthy sleep routine early such as brushing teeth followed by reading a book before going to bed
- Do not put baby to bed with a bottle of anything but water



Regular visits to a dental professional:

- Take your baby for a 1st dental visit by age one
- Write down questions you have about your baby's teeth and mouth
- The first visit might include looking at teeth and gums, painting fluoride on teeth, and discussing ways to keep your child's teeth healthy
- If your own dentist does not see young children, ask your baby's doctor, child care provider, or local health department for recommendations