

- Avoid sharing germs (spoons, straws, licking pacifiers) so I don't pass germs to my baby.
- Starting at birth wipe gums with a clean damp soft washcloth, after every feeding and especially at bedtime.
- Use a very tiny amount of toothpaste with fluoride on a child-size soft nylon toothbrush after the first tooth is in.
- Not put my baby to bed with a bottle.
- Look for changes in tooth color. See a dentist if you see white or brown spots or stains on your baby's teeth.
- Make a dental visit for me.

I will do these things to help my baby's teeth:

Baby Teeth are Important!

Fold along line

My Baby's First's:

First Smile: _____

First Tooth: _____

First Dental Visit by Age One: _____

First Fluoride Varnish: _____

My Baby's Dental Home is: _____

- First Smile
- First Tooth
- First Dental Visit by Age 1

Keep your baby healthy and cavity-free with a well-baby dental visit by age 1.

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What to expect at an age one dental visit

Lap to lap or
knee to knee exam



Proper tooth
brushing



Recommended
amount of
toothpaste



Fluoride varnish



Well Baby Dental Visits

- **Schedule your baby's first dental visit before his or her first birthday.** Starting dental visits early can prevent costly dental care later.

Lift the Lip

- **Look at your baby's gums and teeth at least once a month.** Healthy teeth should be all one color. See a dentist if you see white or brown spots or stains on your baby's teeth.

Take Care of Your Baby's Mouth Right From the Start

- **Starting at birth, clean your baby's gums** with a clean, damp, soft washcloth or soft infant toothbrush after feeding and at bedtime. You can wipe away food and even germs. Do this even if you can't see the teeth yet.
- **Avoid passing germs to your baby's mouth.** Don't put a spoon, a pacifier, or a toothbrush in your mouth before giving it to your baby. Ask grandparents or daycare providers not to share germs, too.

YOU CAN PREVENT DECAY!