

# PREGNANT WOMEN



1. Eat healthy food rich in calcium & vitamin D; it helps with strong teeth development. Teeth begin forming at 6 weeks in utero!
2. '2 FOR 2' ~ Brush for 2 minutes, 2 times a day. Clean in-between 1 times/day.
3. Morning sickness ~ acid attacks teeth. Rinse with baking soda & water to neutralize acid; spit out. Wait 20 minutes, and then brush with toothpaste that has fluoride.
4. Check your mouth for problems ~ increased risk for bleeding gums.
5. It's safe to go to see your dental team. Make a dental appointment to fix any teeth with active tooth decay.



# NEWBORN



1. Breastfeeding is the best food for your baby. Give your breastfed baby a Vitamin D supplement daily to grow a strong jaw and healthy teeth.
2. Poor bottle-feeding practices with infant formulas may increase your baby's risk of early childhood tooth decay.
3. Wipe baby's gums after each feeding starting at birth with a clean and damp wash cloth.
4. It is important for mom to take care of her teeth to prevent the spread of cavity-causing bacteria to baby.
5. Good oral health habits will prevent tooth decay.



## 2 MONTHS



1. Wipe baby's gums after each feeding with a clean and damp wash cloth.
2. Never put your baby to bed with a bottle.
3. Always hold baby to feed. Never prop a bottle using a pillow.
4. Use soother as a pacifier instead of a bottle (after breastfeeding is well-established). Do not dip the soother in sweets.
5. Use a teething ring instead of teething biscuits.



## 4 MONTHS



1. Lift the lip to look for early signs of tooth decay! Look for white spots.
2. Start brushing baby's teeth as soon as the first tooth appears.
3. Use a small amount (the size of a grain of rice) of toothpaste with fluoride.
4. Never put your baby to bed with a bottle. When baby can have water, give only water!
5. Switch from the bottle to a sippy cup at 6 months. Choose a valve-free cup and avoid the no-spill sippy cup.



# 6 MONTHS



1. Brush baby teeth twice daily using a rice-grain sized amount of fluoride toothpaste, especially before bed.
2. Take your child to visit the dental team for a check-up by his or her 1st birthday.
3. Use the sippy cup for milk and water only. Offer milk at meals, and offer water frequently through the day. Avoid juice or limit to  $\frac{1}{2}$  -  $\frac{3}{4}$  cup per day, and only at meals.
4. Put only plain water in the sippy cup or bottle between meals and if needed at bedtime.
5. Introduce healthy foods that are low in sugar, such as vegetables, fruits, cheese, in a variety of soft textures.



# 1 YEAR



1. Continue to check your child's teeth at least once a month for signs of decay. Lift the top lip and look for white spots.
2. Switch from the bottle and sippy cup to regular cup by 14 months.
3. Brush baby teeth twice daily using a rice-grain sized amount of fluoride toothpaste.
4. Offer milk at meals, and offer water frequently through the day. Avoid juice or limit to  $\frac{1}{2}$  -  $\frac{3}{4}$  cup per day, and only at meals.
5. Choose healthy food and snacks that are low in added sugars such as vegetables, fruits, cheese and milk.



# YEARLY MESSAGES



1. Check your child's teeth at least once a month for signs of decay. Lift the top lip and look for white spots along the gum line.
2. Brush baby teeth for two minutes twice daily using toothpaste with fluoride.
3. Take your child to visit the dental team regularly.
4. Set a good example for your child by taking care of your own teeth and gums. Eat food and drinks low in sugar.
5. Encourage family time by brushing as a family. Do not share a toothbrush.

