

# TOOTH TIPS

## Teething Tips

- Rub your baby's gums with a clean, cool cloth or a PVC free teething ring.
- Avoid teething necklaces. They may pose a choking hazard.
- Get in the habit of cleaning your baby's gums and teeth after each feeding.

## Feeding Tips

- **NEVER** put your baby to bed with a bottle.
- Do not feed baby soft drinks or sugary drinks.
- Your child does not need more than 4 oz. of juice a day.
- You may introduce a sippy cup at 6 to 8 months of age. Sippy cups that are used in between meals should contain water only to avoid acid attacks that can lead to cavities. By about one year of age your child should be weaned off the sippy cup and begin using a regular cup at mealtimes.

## Snacking Tips

- Choose snacks low in sugar to prevent cavities.
- Offer snacks at regular times to avoid "grazing" all day long.
- Offer calcium rich foods like milk, cheese and yogurt.
- Fruits and vegetables are portable and nutritious.
- Limit sugary, sticky foods like fruit roll-ups, fruit leathers, granola bars and dried fruit.
- Foods high in natural sugars like dried fruit can cause decay.

## Soother Tips

- You may choose to use a soother if your child needs to suck.
- A thumb-sucking habit is more difficult to stop.
- Never "clean" a soother by placing it in your own mouth.
- Remember to replace the soother when it is cracked or damaged.
- Never dip the soother in honey.

## Replace a Bottle in Bed

- Hold or rock your baby.
- Sing to your baby.
- Make bath-time part of a nightly ritual.

