

# Did You Know Your Baby Can Grow Up Without Cavities?

Healthy baby teeth are important. What can you do?

971-673-0240

[www.oregon.gov/dhs/ph/oralhealth](http://www.oregon.gov/dhs/ph/oralhealth)

- Breast –feeding is the best way to feed your baby. Less milk touches the teeth. This reduces the risk of tooth decay.
- Put your child to bed without a bottle.
  - » If it is necessary to use a bottle at bedtime, put only water in it.
- Clean baby’s mouth at least 2 times a day
  - » Wipe gums with a moist cloth until the 1<sup>st</sup> tooth comes in. (around 4-7 months of age)
  - » Begin brushing the tooth with a baby toothbrush and water.
- Ask your doctor about Fluoride drops when your baby is 6 months old.
- Encourage your child to drink from a cup beginning at 6 months of age.
- Only allow your child to carry around a bottle or sippy cup with water in it.
- Have a dentist look at your baby’s teeth by the time he or she is 1 year old.
- Look at your baby’s teeth often to check for white or brown spots
  - » Tell your doctor or dentist if you see any spots.



- ✓ Poor nutrition
- ✓ Health problems
- ✓ Speech problems/delays
- ✓ Low Self esteem
- ✓ Pain
- ✓ Suffering
- ✓ Slow growth
- ✓ Infection