

Oral Care Milestones

Good oral health begins as soon as your baby is born. Start following these steps today!

Age 0 – 6 months



- Clean baby's gums daily, after feeding and before bed.
- Put nothing but water in baby's bedtime bottle.



Age 6 months



- Baby teeth start to come in. **Brush them twice a day** with a “smear” of fluoride toothpaste and a soft, infant-sized brush.
- Take your child for his/her first **dental checkup** before the age of one.
- Teach your child to use a **sippy cup**.

Family Reminders

- **Don't share** eating utensils or toothbrushes. This can spread germs!
- Limit **food and drinks with sugar** to no more than three times a day.

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Age 1

- Wean your child from the bottle.



Age 2

- Wean your child from sucking the thumb or pacifier.

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*Your Child's Bright Smile ...
It Can Last a Lifetime!*