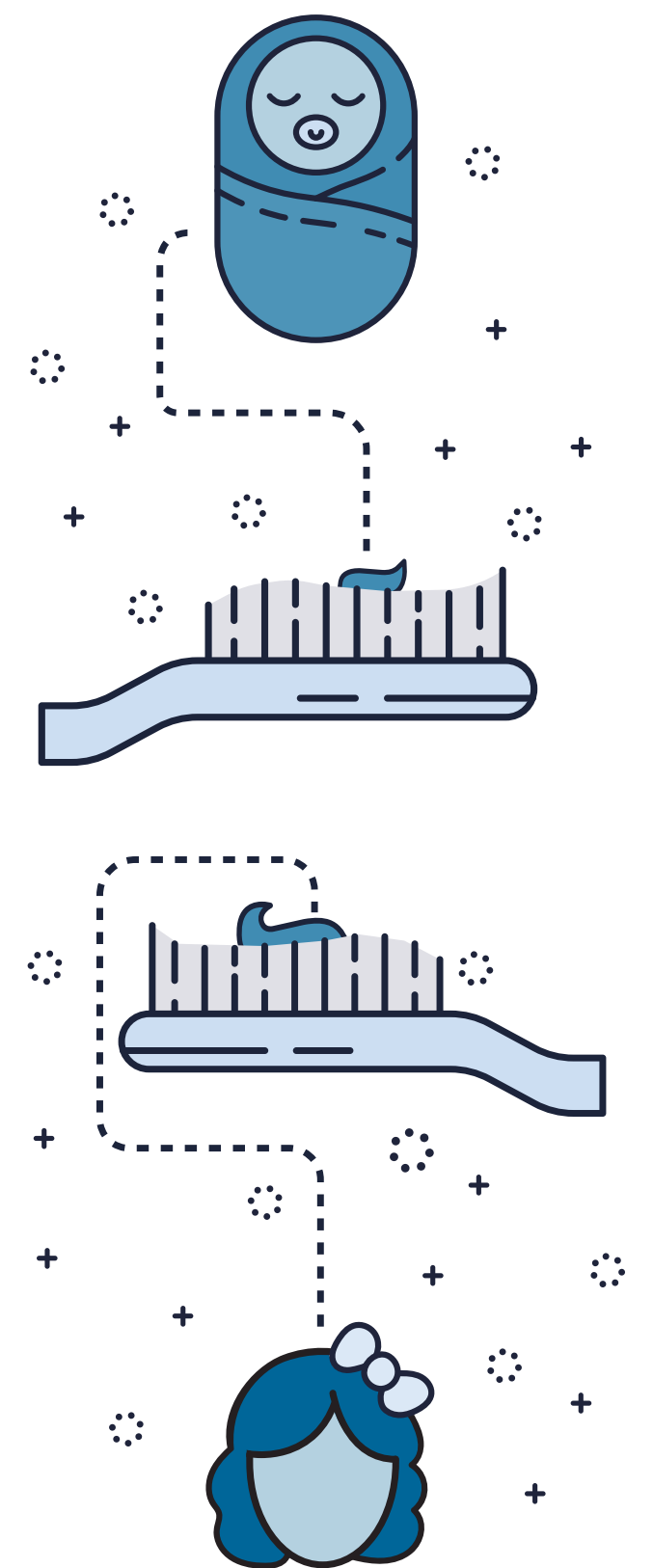


Tips for Taking Care of Your Child's Oral Health



Tips for Baby's Oral Health

- Clean your baby's gums, even before you can see the first tooth, to remove sugars from liquids or food. Use a clean, damp washcloth to wipe the gums.
- Wiping out your baby's mouth with a clean wet cloth after nursing or bottle feedings helps ensure good early oral hygiene and a strong foundation for your baby's oral health.
- Begin brushing as soon as your baby's first tooth begins to show. Put a smear of fluoride toothpaste the size of a grain of rice on the toothbrush and brush all sides of your baby's teeth.
- Take your baby to the dentist when their first tooth erupts, or no later than their first birthday.



Tips for Brushing Your Child's Teeth



- Brush your child's teeth after their first and last meal of the day. Children under age 7 or 8 cannot yet brush their teeth well on their own.
- Use a child-sized toothbrush with soft bristles and fluoride toothpaste.
- Use a pea-sized amount of fluoride toothpaste for children 3-6.

To learn more, scan the code using your smartphone camera app, or visit: hrsa.gov/oral-health

