

tips for healthy smiles birth to 18-month visit



Birth to 6 Months

- ☺ Avoid sharing utensils (spoons, cups, etc.).
- ☺ Make sure that pacifiers are used only by your baby. If a pacifier is dropped, clean it with soap and water.
- ☺ Wipe your baby's gums and tongue clean with water twice a day.

6-Month Visit or At First Sign of a Tooth

- ☺ Brush your baby's teeth twice a day with water or nonfluoride toothpaste.
- ☺ Start using a sippy cup.
- ☺ Limit juice to less than four ounces a day.
- ☺ Rinse your baby's mouth with water after he or she drinks juice. Brush his or her teeth morning and night.
- ☺ Do not let your baby fall asleep with a bottle.



12-Month Visit

- ☺ Your baby should have his or her first dental visit. Find a dentist you like and will continue to see.
- ☺ Stop using bottles and pacifiers.
- ☺ Avoid sweets. Offer healthy food and snacks.
- ☺ Limit juice to less than four ounces a day.
- ☺ Brush or wipe clean your child's gums, teeth, and tongue with water or nonfluoride toothpaste twice a day. Do not use fluoride toothpaste until your child can spit very well.

18-Month Visit

- ☺ By this age, your child should be totally off bottles and pacifiers.
- ☺ Brush or wipe clean your child's gums, teeth, and tongue with water or nonfluoride toothpaste twice a day. Do not use fluoride toothpaste until your child can spit very well.
- ☺ Start flossing when your child's teeth begin to touch each other.
- ☺ Visit a pediatric dentist every six months.




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California Chapter 4

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