

Protect your Baby's Teeth and Gums

DON'T



Clean a pacifier or utensil in your mouth. Germs from your mouth can spread to your baby and cause decay.



Use bottled water to mix with formula if fluoridated water is an option.



Give apple juice, orange juice, chocolate milk, or other sugary beverages. These can decay baby teeth.



Put baby to bed with a bottle. The sugar in the milk or formula will sit on the teeth or gums all night and can cause decay.

DO



Eat healthy foods (with no added sugar) and drink properly fluoridated (faucet) water. Fluoridated water protects teeth from decay.



Schedule a dental appointment after the first tooth erupts and by the first birthday.



Wipe down gums after feeding and before bed with a clean, damp cloth to remove germs and sugar that can cause decay.



Take care of your own dental health to protect from spreading germs that can cause decay in baby's teeth.