

# Brush-Up On Baby's Teeth

## -12 Month Visit-

### Baby Teeth are Important for...

Jaw Development—chewing helps the jaw grow

Nutrition—food broken down makes it easier to digest

Speech —teeth help form sounds for word pronunciation

Spacing—baby teeth guide the adult teeth into proper position

\*These are important reasons to keep all baby teeth until they 'naturally' fall out.

### Cavities in Baby Teeth Can Be Prevented

- ❖ Brush baby's teeth with a rice-size amount of fluoride toothpaste twice a day, every day, at morning and bedtime.
- ❖ Limit milk and 100% unsweetened juice to meals and scheduled snacks.
- ❖ Never let baby sleep with a bottle that contains anything but plain water.
- ❖ Offer only water for between meal thirst.
- ❖ If bottle feeding, switch to a regular cup.
- ❖ Lift the top lip once a month to look for white/brown spots, early signs of decay.
- ❖ Seek dental advice early, by age 1

#### Stage 1

Healthy Teeth



#### Stage 2

Whitish lines along the gum-line could mean the beginning of tooth decay



#### Stage 3

Brown areas or decayed spots along the gum-line



A mother's dental health can affect the baby's dental health. When a mother's mouth has a high level of decay-causing germs, these can be passed on.

- Clean your mouth twice a day, morning and bedtime.
- Use a fluoride toothpaste for you and your child.
- Get needed dental work up to date.
- Do not share your toothbrush or baby's toothbrush. Do not share eating utensils or lick soother to clean it.

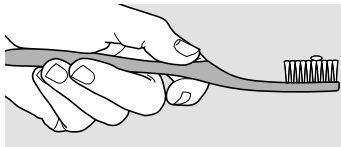
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### Toothpaste: Fluoride is one of the Best Ways to Prevent Cavities

- ❖ Some baby toothpastes do not contain fluoride. Find one that does.
- ❖ Try many *children's* toothpastes until you find one your baby likes.
- ❖ Many babies and children find mint or cinnamon flavors 'too hot'.
- ❖ Babies and children under 12 do not need 'anti-tartar' or 'whitening' agents found in adult toothpastes.
- ❖ Make toothbrushing more enjoyable by singing a song or brushing to music from the radio or favorite song. Play a game like 'where are the plaque bugs hiding?' and then look for them with the toothbrush.

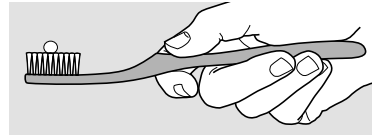
Pick a time that works well for both of you and make tooth brushing a part of your child's daily routine. Bathing can be a good time to clean the teeth, while the rest of the body also gets cleaned.

### Toothpaste Use for Babies: How much to use



First Tooth to Age 3: apply a *rice-size* amount

Age 3–6: apply a *pea-size* amount



### How Can I Break the Bottle Habit?

Now that your baby has teeth, they can get decayed. Stopping the bedtime bottle will not be easy. Your child may cry or fight giving up the bottle in bed. Here are some helpful tips;

- ❖ Cuddle or rock your child while giving them their bottle. Then put them to bed.
- ❖ Give a clean soother, stuffed toy or blanket for comfort.
- ❖ If your child cries, do not give up.
- ❖ Put only plain water in the bottle.
- ❖ If this does not work, put more water with the milk in the bottle each night until there is only plain water in the bottle. Set a goal of 2–4 weeks.

