

# WORD OF MOUTH

## Baby Teeth



- Before the teeth come in, wipe baby's gums with a soft, clean cloth after feeding.
- When the first tooth appears, use a soft baby toothbrush and a smear (about the size of a grain of rice) of fluoride toothpaste to brush two times every day.
- Take your baby to see the dentist by the first birthday.



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## Baby Teeth Timeline

1  
Month

Wipe baby's gums after every feeding.

5  
Months

Start looking for baby's 1st tooth.  
Don't let baby fall asleep with a bottle.

6  
Months

After the 1st tooth comes in, start brushing twice a day.  
Ask the doctor about fluoride varnish.

9  
Months

Begin flossing between teeth that touch.  
Find a dentist and make an appointment for your baby.

12  
Months

Change from bottle to sippy cup by age 1.



Department  
of Health