

Babies



A beautiful smile begins even before your baby's teeth start to show.

The first year of your baby's life is a great time to practice healthy habits you want to teach your child as he or she grows.

- Clean your baby's gums with a clean damp cloth after each feeding.
- Begin using a toothbrush and a smear of toothpaste with fluoride when the first tooth comes in.
- Talk to your baby's doctor or dentist about fluoride supplements when your baby is 6 months old.
- If you put your baby to bed with a bottle, use only plain water.
- When your baby begins eating solid foods, choose those without sugar.

Did you know...

Your baby should see a dental provider when the first tooth comes in, no later than age 1.



Improving general health through oral health
for all Oregonians

