



National Institute of Dental
and Craniofacial Research

A Healthy Mouth for Your Baby



Healthy teeth are important—even baby teeth. Children need healthy teeth to help them chew, talk, and smile. And baby teeth hold space for adult teeth to come in. This fact sheet can help you keep your baby's mouth healthy!

1. Protect your baby's teeth with fluoride.

Fluoride (said like *floor-eyed*) protects teeth from tooth decay. It can even heal early decay.

Fluoride is in the drinking water of many towns and cities.

Ask a dentist or doctor if your water has fluoride in it. If it doesn't, ask about other kinds of fluoride (such as fluoride varnish or drops) that can help keep your baby's teeth healthy.



2. Check and clean your baby's teeth.

CHECK your baby's teeth.

Healthy teeth should be all one color. If you see white spots or brown or black stains on the teeth, take your baby to a dentist.



CLEAN your baby's teeth.

Clean them as soon as they come in with a clean, soft cloth or a baby's toothbrush. Clean the teeth at least once a day. It's best to clean them right before bedtime.

At about age 2 (or sooner if a dentist or doctor recommends it) you should start putting fluoride toothpaste on your child's toothbrush. Use only a tiny bit of toothpaste, no bigger than a grain of rice.



(Over)

3. Feed your baby healthy food.

- ✓ Choose foods and drinks without any added sugar.
- ✓ Avoid snack foods like muffins, cookies, and flavored yogurts.
- ✓ Give your child fruits and vegetables for snacks.



4. Don't put your baby to bed with a bottle.

Milk, formula, juice, and other drinks such as soda all have sugar in them. If sugary liquids stay on your baby's teeth too long, it can lead to tooth decay. (And decayed teeth can cause pain for your baby.)



What's one of the most important things you can do to keep your baby from getting cavities?

Avoid putting your baby to bed with a bottle—at night or at nap time. (If you do put your baby to bed with a bottle, fill it only with water.)

Here are some other things you can do:

- ✓ Between feedings, don't give your baby a bottle or sippy cup filled with sweet drinks to carry around.
- ✓ At about age 1, teach your child to drink from an open cup.
- ✓ If your baby uses a pacifier, don't dip it in anything sweet like sugar or honey.



5. Take your child to the dentist.

Your child should see the dentist by age 1. At this visit, the dentist will:

- ✓ Check your child's teeth.
- ✓ Show you the best way to clean your child's teeth.
- ✓ Talk to you about other things such as a healthy diet and fluoride that can keep your child's mouth healthy.



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**U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health**

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August 2022

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