# **Milestones for mini mouths**



#### BACTERIA FROM YOUR MOUTH CAN PASS TO YOUR BABY'S MOUTH SO PART OF TAKING CARE OF YOUR NEWBORN'S MOUTH IS CARING FOR YOUR OWN ORAL HEALTH



BRUSH YOUR TEETH TWICE A DAY, CLEAN BETWEEN YOUR TEETH, AND GET A DENTAL CHECK-UP EVERY 6 MONTHS







#### **START PROTECTING IT**

BY WIPING HIS GUMS WITH A SOFT, CLEAN CLOTH AFTER EACH FEEDING



### BABY IS CUTTING HIS FIRST TOOTH START BRUSHING THAT TOOTH TWICE A DAY USING A SMEAR OF TOOTHPASTE





WHEN BABY IS READY FOR SOLID FOOD CHOOSE THINGS WITH NO ADDED SUGAR



## MAKE SURE YOUR BABY HAS A DENTAL CHECK-UP BY HIS FIRST BIRTHDAY

If you don't have anywhere to take your baby, ask your pediatrician to check his teeth and for a dental referral.



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