Oral Care for Babies

2X — Wipe gums twice a day with a soft, clean cloth in the morning after the first feeding and right before bed to wipe away bacteria and sugars that can cause cavities.

When teeth come in, start brushing twice a day with a soft, small-bristled toothbrush and plain water.
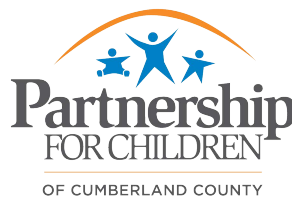
Visit the dentist by your baby's first birthday to spot signs of problems early.

Talk to your dentist or doctor about putting fluoride varnish on your child's teeth as soon as the first tooth appears.

For children younger than 2, consult first with your doctor or dentist regarding the use of fluoride toothpaste.

FAMILY CONNECTS
NORTH CAROLINA
Southeastern Region
in partnership with Smart Start

Partnership FOR CHILDREN
OF CUMBERLAND COUNTY

Family Connects North Carolina Southeastern Region
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