

Mouth Care Tips

- Breastfeed
- Clean baby's mouth after feeding
- No bottle in bed
- Comfort baby without a bottle
- Feeding time is holding time
- Parents take care of your own teeth



Prevent Early Childhood Tooth Decay



If you have questions about your baby's teeth please call your:

- Dentist
- Dental therapist
- Dental hygienist
- Doctor or nurse



Healthy Smile Happy Child Project
Norway House Dental Therapy Program
January 2004. Revised September 2011.



Baby Teeth Are Important!

Mouth Care for Your Baby



▶ Newborn

Prevent Early Childhood Tooth Decay

Download copies at:

http://www.wrha.mb.ca/healthinfo/preventill/oral_child.php

▶ Breastfeeding is Best

Breastfeeding is the best food for your baby. It also promotes the development of a strong jaw and healthy teeth.



Breastfeeding at night:

Once your baby has teeth, remove him or her from the breast before they fall asleep. This encourages them to swallow their last mouthful of breastmilk which could rot the teeth if left in their mouth overnight.

▶ Mouth Care

Even before teeth appear it's important to care of your baby's gums. Wipe his or her gums at least twice a day with a clean and damp wash cloth. Brushing baby's teeth will be easier because he or she will be used to you working in their mouth.

Feeding Time is Holding Time

Propping the bottle on a pillow can lead to early childhood tooth decay. Baby may not swallow their last mouthful of formula or other nourishment. It can pool around the teeth and eventually cause decay.

Comfort Without a Bottle

When your baby is not hungry try comforting him or her by:

- Holding
- Rocking
- Singing
- Rubbing their back
- Giving a soother*

** Giving a soother before breastfeeding is well established (usually about 6 weeks) can cause problems with breastfeeding.*

Beds and Bottles Don't Mix

Never put your baby to bed with a bottle unless it contains plain water. Anything else in the bottle can quickly lead to early childhood tooth decay.

Tooth or False?

Babies are not born with the germs that cause cavities. They get these germs from their caregivers.

True! Ways cavity-causing germs are passed on to baby: *kissing baby on the mouth, tasting their food and putting pacifier in an adult's mouth.* By taking good care of their own teeth, caregivers can protect baby's teeth from these germs for longer.



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