

Tooth Tips

Teething Tips

Rub your baby's gums with a clean, cool cloth or a PVC free teething ring.

Get in the habit of cleaning your baby's teeth after each feeding.

Feeding Tips

Never put your baby to bed with a bottle.

If your baby now uses a bottle at bedtime, fill it with water only.

Do not feed baby soft drinks or Kool-Aid.

Your child does not need more than 4 oz. of juice a day.

Start teaching your child to use a tippie cup at 10 months of age.

By one year of age your child should be off the bottle and using a tippie cup or cup.

Choose snacks low in sugar to prevent cavities.

Snacking Tips

Offer snacks at regular times to avoid "grazing" all day long.

Offer calcium rich foods like milk, cheese and yogurt.

Fruits and vegetables are portable and nutritious.

Limit sugary, sticky foods like fruit roll-ups, leathers, granola bars and dried fruits.

Foods high in natural sugars like dried fruits can cause decay.

Soother Tips

You may want to use a soother if your child needs to suck.

A thumb-sucking habit is more difficult to stop.

Never "clean" a soother by placing it in your own mouth.

Remember to replace the soother when it is cracked or damaged.

Never dip the soother in honey.

Bedtime Tips to Replace a Bottle in Bed

Hold or rock your baby.

Sing to your baby.

Make bath-time part of a nightly ritual.

Wrap your baby in a warm towel or blanket.

Put a hot water bottle in the crib-remove it before baby goes down.

