



Baby Teeth

What's the big deal if they're going to fall out?

Some baby teeth won't fall out until your child is 12 years old. Baby teeth help your child:

- eat well
- speak well
- look well

Dental decay:

- causes unnecessary pain and trauma to your child
- affects permanent teeth
- can create problems that may require braces

Healthy teeth and gums for your baby begin with your own oral health care because:

- your germs can live in your child's mouth
- your child will copy the way you take care of your teeth

Once your baby is born:

- Use a wet washcloth to wipe their gums after each feeding
- Don't put your baby to sleep with a bottle of milk or juice
- Between meals, give water to your baby if they are thirsty
- Don't add sugar to baby food or dip pacifiers in sweet liquid
- Clean their first tooth when it erupts with a wet toothbrush
- Take your child to see a dentist by the age of 1
- Limit saliva transfer by not sharing:
 - pacifiers
 - toothbrushes
 - spoons