

HOW TO BRUSH YOUR BABY'S TEETH



ONE ADULT AVAILABLE

Position your baby with his/her head on your lap, while seated on the floor so as to have the greatest access to the mouth and teeth.



TWO ADULTS AVAILABLE

Sit in a knee-to-knee position and recline the child while one adult holds the baby's hands and body. The second adult brushes the teeth with the baby's head on their lap.



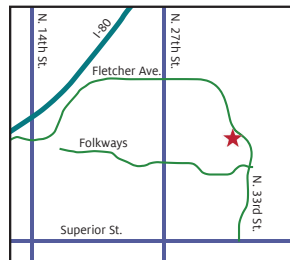
Heidi J. Stark, D.D.S. • Libby A. Johnson, D.D.S. • Emily J. Egley, D.D.S.
Katie J. Garcia, D.D.S. • Allie L. Wolf, D.D.S.



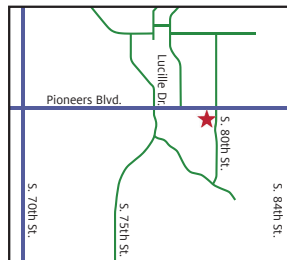
NORTH LOCATION – 3272 SALT CREEK CIRCLE



SOUTHEAST LOCATION – 4301 S. 80TH ST.



North Office
3272 Salt Creek Circle
Lincoln, NE 68504
ph. 402-476-1500
fx. 402-476-1510



Southeast Office
4301 S. 80th St.
Lincoln, NE 68516
ph. 402-476-4301
fx. 402-476-4305

LincolnPediatricDentistry.com



LINCOLN PEDIATRIC DENTISTRY'S

**Establishing a
Healthy Mouth
for Your Baby:**

A GUIDE TO INFANT
ORAL HEALTH CARE



DIET CONSIDERATIONS



- **Never** put your baby to bed with a bottle of breast milk or formula. This behavior increases your baby's risk for tooth decay.
- Avoid all juices (even 100%, all natural), pop, dried fruits, fruit snacks, gummy vitamins, and sticky candy.
- Sippy cups should contain only **water or plain milk**.

TEETHING RECOMMENDATIONS



- Let your baby chew on refrigerated teething rings or a wet washcloth.
- You can give your baby children's Tylenol (recommended dose based on weight) or children's ibuprofen (recommended dose based on weight after 6 months of age).
- We do **NOT** recommend any over the counter teething gels. They are ineffective because the topical agent typically does not adhere to the gums where it is needed and baby ends up swallowing the gel instead.

TAKING CARE OF BABY'S MOUTH



- Prior to the first tooth, you can wipe baby's gums with a wet washcloth or burp cloth. It is not necessary but **starts a routine** that can easily lead to good brushing habits.
- Use an age-appropriate size toothbrush with tap water or a rice size amount of fluoridated toothpaste.
- If your baby is not cooperative when using a toothbrush, you can also use a wet washcloth, toothette, or finger brush to **wipe the teeth clean**.
- If your baby feeds during the night, it is best to clean the teeth with any of the above methods **prior** to putting your baby back to bed.

Establish a brushing routine as soon as the first tooth erupts by **brushing the teeth twice daily**, once in the morning and before bedtime.

A cavity in your mouth increases the risk of your baby developing decay. The bacteria that cause dental decay are transmissible. **Dental decay is not 'genetic'** but rather the bacteria is shared between mother and baby. Avoid sharing utensils and straws and cleaning pacifiers with your mouth to prevent passing this bacteria.