

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 & recline the child while one adult holds the baby's hands & body. The second adult brushes the teeth with the baby's head on their lap.



NORTH LOCATION

3272 Salt Creek Cir.
Lincoln, NE 68504



SOUTHEAST LOCATION

4301 S. 80th St.
Lincoln, NE 68516



EAST LOCATION

7001 A St. #103
Lincoln, NE 68510



YANKEE HILL LOCATION

3811 Grainger Pkwy.
Lincoln, NE 68516



A GUIDE TO INFANT ORAL HEALTH

MAKE AN APPOINTMENT!

Call 402-476-1500

lincolnpediatricdentistry.com

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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, & sticky candy.
- Sippy cups should contain only **water or plain milk**.
- Avoid snacking.

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).
- We do **NOT** recommend any over the counter teething gels. They are ineffective because the topical does not adhere to the gums where it is needed & baby ends up swallowing the gel instead.

ESTABLISHING A BRUSHING ROUTINE



- Prior to the first tooth, or if your child does not tolerate toothbrushing, you can wipe gums or teeth with a wet washcloth or burp cloth.
- If behavior allows, begin brushing with an age-appropriate toothbrush with tap water or a smear of fluoridated toothpaste.
- Remember to wipe teeth after any nighttime feedings before putting baby back to bed.
- Brush 2x daily, in the morning & before bedtime.

Potential Cavity Factors

- tooth spacing
- parent cavity risk
- thickness of enamel
- temperature of your mouth
- saliva makeup

Avoid Passing Bacteria from you to your baby by NOT:

- Sharing utensils & straws
- Cleaning pacifiers with your mouth