

# 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

MAKE AN APPOINTMENT!  
Call 402-476-1500

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# A GUIDE TO INFANT ORAL HEALTH

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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