Wipe your baby’s gums with a clean, damp washcloth every day after feeding.

When your baby starts teething, rub the gums softly with a damp washcloth.

Start brushing with a soft brush as soon as your baby has teeth.

Check for white or dark spots on your baby’s teeth. If you see any spots, go to the dentist.

Do not put your baby to bed with a bottle.

Start offering a cup around age 6 months when your baby can sit up.

Gently brush your child’s teeth with a small, soft toothbrush every day. Use very short back and forth strokes touching the gums.

After 12 months, NO MORE BOTTLES.

Take your child to the dentist for their first visit.

Ask your Doctor or Dentist about fluoride varnish for your child’s teeth.

Supervise your child’s brushing and flossing daily.

Ask the dentist about sealants for your child’s molar teeth.

Limit sweet or sticky snacks and sodas.

Brush your child’s teeth twice each day with a dab of fluoride toothpaste.

Take your child to the dentist one or two times per year from now on.

Limit sweet or sticky snacks and sodas.

Continue to brush your child’s teeth twice per day with a dab of fluoride toothpaste.

Start to floss your child’s teeth up and down on each side of each tooth every day.

Let your child practice brushing with a small, soft toothbrush after watching you brush your teeth.

Limit sweet or sticky snacks and sodas.

Don’t Forget To Take Care of Your Own Teeth!

Caring for Your Child’s Teeth & Gums

A Guide for Parents & Childcare Givers

Before 1 year of age

2 – 3 years old

3 – 6 years old

6 years and older