

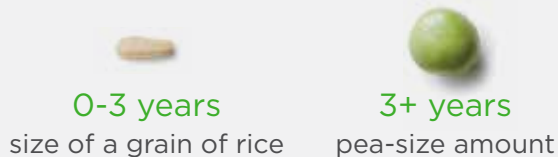


Tips for good oral health during infancy

How to keep your child cavity free

- Beginning soon after birth, clean your child's gums daily with a clean, wet washcloth.
- Do not put your child to bed with a bottle. Children should be weaned from a bottle between 12 and 14 months.
- Avoid saliva-sharing activities (e.g., sharing utensils, cleaning pacifiers in your mouth) as cavity-causing bacteria can be passed from parent to child.
- Once teeth come in, start brushing twice a day with fluoride toothpaste the size of a grain of rice for children under age 3. For children ages 3 and above, a pea-size amount should be used.
- Lift the child's lip once a month to look for cavities. The child should see a dentist immediately if there are signs of cavities.

Recommended amount of toothpaste



- Avoid giving your child foods and drinks containing sugar. Children should not have fruit juice during their first year.
- At the one-year well-child visit, ask your physician about your child's oral health and fluoride.
- Children should have their first dental visit by age 1.

Cavity detection



Early cavities: chalky white lines at the gum line that can be healed



Moderate cavities: looks like teeth are melting or chipping



Severe cavities: brown or black in color; may be chipped or broken

How to relieve teething pain

- Use over-the-counter pain medicine (acetaminophen, ibuprofen) and/or chilled (never frozen) teething rings.
- Do not use teething gels or tablets.