Milestones for mini mouths

NEWBORN

BACTERIA FROM YOUR MOUTH CAN PASS TO YOUR BABY'S MOUTH
SO PART OF TAKING CARE OF YOUR NEWBORN'S MOUTH IS

CARING FOR YOUR OWN ORAL HEALTH

BRUSH YOUR TEETH TWICE A DAY, CLEAN BETWEEN YOUR TEETH, AND **GET A DENTAL CHECK-UP EVERY 6 MONTHS**

0 TO 5 MONTHS OLD

YOU'RE BEGINNING TO SEE THAT **ADORABLE SMILE**

START PROTECTING IT
BY WIPING HIS GUMS WITH A SOFT, CLEAN CLOTH AFTER EACH FEEDING

6 TO 12 MONTHS OLD

BABY IS CUTTING HIS FIRST TOOTH
START BRUSHING THAT TOOTH
TWICE A DAY
USING A SMEAR OF TOOTHPASTE

WHEN BABY IS READY FOR SOLID FOOD
CHOOSE THINGS WITH NO ADDED SUGAR

1 YEAR OLD

MAKE SURE YOUR BABY HAS A ***DENTAL CHECK-UP***
BY HIS FIRST BIRTHDAY

If you don't have anywhere to take your baby, ask your pediatrician to check his teeth and for a dental referral.

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