Protect Tiny Teeth

You may not see them yet, but your baby's teeth are hiding right beneath the gums.

Here's how to keep that little smile healthy:

1. The best way to spot signs of problems is to take your baby for a dental check-up as soon as he has a tooth or by his first birthday. If you don't have a place to go, ask your pediatrician to check out your baby's mouth and provide a dental referral.

2. Wipe your baby's gums with a soft, clean cloth after feedings and at bedtime. This helps wipe away sugar and bacteria that together can cause cavities.

Ask your pediatrician about other tips and visit HealthyChildren.org/tinyteeth

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