

- Avoid sharing germs (spoons, straws, licking pacifiers) so I don't pass germs to my baby.
- Starting at birth wipe gums with a clean damp soft washcloth, after every feeding and especially at bedtime.
- Use a very tiny amount of toothpaste with fluoride on a child-size soft nylon toothbrush after the first tooth is in.
- Not put my baby to bed with a bottle.
- Look for changes in tooth color. See a dentist if you see white or brown spots or stains on your baby's teeth.
- Make a dental visit for me.

I will do these things to help my baby's teeth:

Baby Teeth are Important!

Fold along line

My Baby's Firsts:

First Smile: _____

First Tooth: _____

First Dental Visit by Age One: _____

First Fluoride Varnish: _____

My Baby's Dental Home is: _____

- First Smile
- First Tooth
- First Dental Visit by Age 1

Keep your baby healthy and cavity-free with a well-baby dental visit by age 1.

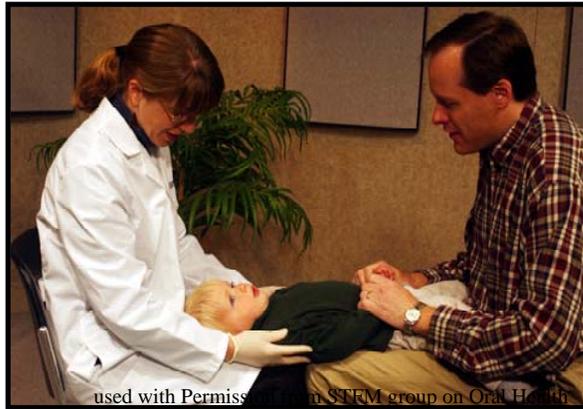


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First Dental Visit By Age One

What to expect at an age one dental visit

Lap to lap or
knee to knee exam



Proper tooth
brushing



Recommended
amount of
toothpaste



Fluoride varnish



- **Well baby dental visits**

Schedule your baby's first dental visit before his or her first birthday.

- Starting dental visits early can prevent costly dental care later.
- **Lift the lip**
Look at your baby's gums and teeth at least once a month. Healthy teeth should be all one color. See a dentist if you see white or brown spots or stains on your baby's teeth

Take care of your baby's mouth right from the start

- **Starting at birth**, clean your baby's gums with a clean, damp, soft washcloth or soft infant toothbrush after feeding and at bedtime. You can wipe away food and even germs. Do this even if you can't see the teeth yet.
- **Avoid passing germs** to your baby's mouth. Don't put a spoon, a pacifier, or a toothbrush in your mouth before giving it to your baby. Ask grandparents or daycare providers not to share germs, too.

YOU CAN PREVENT DECAY!