

Tooth Tips for Babies (Ages 0-1)



Before Your Baby Has Teeth:

1. Use a clean, damp washcloth to wipe your baby's gums.
2. Wipe your baby's gums at least twice a day – after their first feeding and before bed.
3. Do NOT use toothpaste. Use water only.

Why? Keeping your baby's mouth clean gets your baby used to the routine, reduces the risk of cavities, and will make teething and tooth brushing easier for you both as time goes on.

After Your Baby's First Tooth:

1. Brush your baby's teeth and gums using a soft, baby-sized toothbrush.
2. Brush twice a day - one of these should be right before bedtime.
3. Use fluoride toothpaste - the amount should be the size of a grain of rice.

Why? Healthy baby teeth are very important for chewing, learning to talk, and keeping space for adult teeth to grow in properly. Brushing early leads to better health for your baby now and in the future.

For more tips
and information, visit

www.gov.nt.ca/teeth

If you would like this information in another official language, please contact us at **1-855-846-9601**

