

INFANT (Birth-1st tooth)

- Gently wipe baby's gums with a clean, damp, soft washcloth or gauze after each feeding
- Fill baby's bottle with water only
- Finish bottle feedings before baby's nap or bedtime.
- Rinse pacifiers with water to clean them
- Don't dip pacifiers in sugar, honey or sugary foods.



TODDLER (1st tooth-3 YRS)

- Take your child to their dental home at or before their first tooth appears.
- Parent assisted brushing two times a day for 2 minutes
- Use a baby toothbrush and a small smear of fluoride toothpaste, the size of a grain of rice
- When two teeth touch together, it's time to start flossing



ADOLESCENT (3-8 YRS)

- Parent assisted brushing two times per day for 2 minutes until your child can spit out the toothpaste, around age 6
- Use a pea size amount of toothpaste on a small soft toothbrush
- Parent assisted daily flossing



DENTAL FAST FACTS

- Children's teeth begin to develop between the second and fourth months of pregnancy.
- Children can get cavities as soon as their teeth appear.
- You can pass cavity causing bacteria to your child, so be mindful on sharing utensils or cups.
- Children learn healthy habits from their parents and caregivers.



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