• Before the teeth come in, wipe baby’s gums with a soft, clean cloth after feeding.

• When the first tooth appears, use a soft baby toothbrush and a smear (about the size of a grain of rice) of fluoride toothpaste to brush two times every day.

• Take your baby to see the dentist by the first birthday.
WORD OF MOUTH

Baby Teeth Timeline

1 Month
Wipe baby’s gums after every feeding.

5 Months
Start looking for baby’s 1st tooth.
Don’t let baby fall asleep with a bottle.

6 Months
After the 1st tooth comes in, start brushing twice a day.
Ask the doctor about fluoride varnish.

9 Months
Begin flossing between teeth that touch.
Find a dentist and make an appointment for your baby.

12 Months
Change from bottle to sippy cup by age 1.