



Infant & Toddler Mouth Care

0-3 years of age



GO

A Clean Mouth!

- Clean your baby's mouth twice a day.
- Use a soft, clean, damp washcloth or infant Tender®.
- Use a small toothbrush when teeth start to come in.
- **Do not use toothpaste with fluoride until 3 years of age.** Use water or non-fluoridated toothpaste instead.
- The most important time to brush is before bed!



Tender®



STOP

No Bottles in Bed, Please!

- Milk pools or stays in the baby's mouth when they fall asleep with the bottle in their mouth.
- Natural sugar in the milk mixes with germs in the baby's mouth and can cause cavities.
- **Do not put your baby to bed with a bottle.**
- Hold or rock your baby for the last night-time feeding.



Breaking the Night-time Bottle Habit



- Start adding water to the milk bit by bit until it is **only** water.
- You may be surprised at how quickly your baby gets used to it!

Continuous Breastfeeding at Night

- If you nurse your baby in bed, **make sure you un-latch and let them swallow** before you both go back to sleep.
- Mother's milk has natural sugar in it that can cause cavities if it stays in their mouth overnight.



CAUTION

Sippy Cups/Bottles



- **Constant sipping** on a sippy cup or bottle with juice, milk or any sweet drink **can cause cavities**.
- Offer milk or juice **only at meal or snack-time** in a regular or sippy cup.
- For traveling or between meals use **water only!**



Pacifiers/Soothers

- Boil before first use. Then wash with soap and water after each use.
- Never use a pacifier until breastfeeding is fully established.
- Never give a pacifier instead of feeding.
- Always check for tears or cracks and replace as needed.
- Never dip in sugar or honey. Sugar and honey can cause cavities. Non-pasteurized honey could make your baby sick.
- Never tie the soother around the baby's neck.
- Never clean the soother by sucking on it yourself. This can give cavity-causing germs to your baby!
- Using a soother past the age of 3 may cause problems with how your child's teeth bite together.

