

# Taking Care of Children's Teeth

- 1.** Clean baby's gums daily with moist washcloth.
- 2.** Never prop a baby's bottle.
- 3.** Brush baby's teeth as soon as first tooth appears.
- 4.** Use a smear of fluoride toothpaste until age 3, then use a "pea size" amount.
- 5.** Find out if there is fluoride in your water. Tell the dentist if there is not.
- 6.** Help children with brushing, they can't do it on their own until they are six or seven.
- 7.** Check little one's teeth for changes to gum or teeth.
- 8.** Wean baby from a bottle by 12-15 months old.
- 9.** Avoid sugary food and drinks.
- 10.** Go to the dentist as early as six months, and no later than 12 months old.

